



IONA

Age Well. Live Well.

Iona Senior Services Resource Guide

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

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

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 ĐỖ 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.



Age Well. Live Well.

Resource Guide

22nd edition

We are pleased to present the 22nd edition of Iona's free Resource Guide. We hope you find this guide useful and informative; we 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

For 50 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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TABLE OF CONTENTS

About Iona	9
Community Programs	9
Advanced Wellness and Eldercare Services	11
Adult Day Health Services	13
District of Columbia	13
Maryland	13
Virginia	14
Adult Education, Arts, Recreation, and Exercise	17
District of Columbia	17
Maryland	21
Virginia	22
United States	24
Advocacy	25
Ombudsman Programs	26
Alzheimer’s Disease and Dementia Care	27
Benefits and Applying for Them	29
Care Management and Eldercare Consultations	30
Caregiver Resources	33
Clinics	36
Computer Classes	39
Consumer Information	41
Driver Safety	43
Emergency Services and Shelters	44
Employment	47
District of Columbia	47
Maryland	47
Virginia	48
United States	49
End-of-Life Care	50
Hospice and Palliative Care Services	50
End-of-Life Care Organizations	51
Funeral Planning and Services	52
Financial Services and Tax Preparation	53

TABLE OF CONTENTS

Food and Nutrition Programs and Services	56
Home Delivered Meals	57
Neighborhood Meals and Activities	58
Groceries: Shopping and Delivery	59
Food Banks, Subsidized, and Discounted Food Programs	60
Federal Supplemental Food Programs	62
Government Agencies	63
District of Columbia	63
Maryland (Montgomery & Prince George’s Counties)	64
Virginia (Arlington Co., City of Alexandria, Fairfax Co.)	67
U.S. Government	71
Health Information	72
Alzheimer’s Disease	72
Amyotrophic Lateral Sclerosis (ALS)	72
Arthritis	72
Blood	72
Cancer	72
Concussion and Traumatic Brain Injury	74
COVID-19	74
Dental Care	74
Diabetes	74
Flu	75
Hearing and Speech Resources	75
Heart	75
HIV/AIDS & Sexually Transmitted Infections (STIs)	75
Huntington’s Disease	75
Kidney	76
Liver	76
Lung	76
Mental Health and Counseling Resources	76
Multiple Sclerosis (MS)	76
Osteoporosis	77
Ostomy	77
Parkinson’s Disease	77
Stroke	77
Substance Abuse	78
Urology and Continence	78
Vision	78

Health Insurance and Counseling	79
District of Columbia	79
Maryland	79
Virginia	81
U.S. Government	81
Hearing and Speech Resources	82
Home Care and Home Health Services	85
Home Moving Management Services	86
Home Organization Services	86
Home Repair and Cleaning Services	87
Home Safety and Universal Design Modifications	88
Hospitals	90
Hospital House Call Programs	91
Housing Options	93
Housing Options Counseling and Legal Services	93
Housing Options - District of Columbia	95
Housing Options - Maryland	99
Housing Options - Virginia	101
Legal Assistance	103
LGBTQIA Resources	107
Mental Health and Counseling Services	108
District of Columbia	109
Maryland	111
Virginia	112
United States	113
Multicultural Programs and Services	114
African American	114
Asian	114
Ethiopian	115
Jewish	115
Latino / Hispanic	116
Native American	116
Muslim	116
Pharmacies, Medical Equipment, Supplies	117
Physical Therapy	118

TABLE OF CONTENTS

Senior Service Agencies	119
District of Columbia	119
Maryland	120
Virginia	121
Support Groups	123
Transportation	127
Regional Transportation	127
Ride Sharing	128
District of Columbia	128
Maryland Transportation (Montgomery & Prince George’s Counties)	129
Virginia Transportation	130
Wheelchair-Accessible Taxis	132
Veterans	133
Benefits	133
Home Safety and Modifications	133
Hospice	133
Housing	133
Medical	133
Vision	134
Villages	135
District of Columbia	135
Maryland	138
Virginia	139
Vision Resources	140
Volunteer Opportunities	143
Advertiser’s Index	147
Index	148 - 159

LOOKING FOR RESOURCES ON AGING OR CAREGIVING? IONA IS HERE TO HELP.



Iona Senior Services' Helpline supports everyone – older adults who have questions about what resources are available to them, caregivers who need emotional support, or anyone with an older adult they are concerned about in their life.



202-895-9448



info@iona.org

Managed by licensed clinical social workers who are there to listen to your concerns and provide you with the resources you need.

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Iona is supported by the D.C.
Department of Aging and Community
Living and our generous community.

DACL
LIVE BOLDLY



Build friendships across generations and celebrate the opportunities of aging by joining the Iona community today!

About Iona Senior Services

Iona is a leading aging services nonprofit that is dedicated to supporting older adults and caregivers. We envision a community where every older adult is cared for, connected, and nourished in mind, body, and spirit.

Focus Areas

- Personalized Care for Older Adults
- Lifelong Learning
- Fostering Community
- Mental and Physical Health
- Caregiver Support and Resources
- Food and Nutrition



Iona is supported by the D.C. Department of Aging and Community Living and our generous community.

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

ABOUT IONA SENIOR SERVICES

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.

COMMUNITY PROGRAMS

At Iona, we offer tailored programs and services for DC residents aged 60 and older. Whether planning for the future or seeking immediate support, our community programs, supported by the DC Department of Aging and Community Living, are here to help.

Active Wellness at St. Alban's

Supported by the D.C. Department of Aging and Community Living, this program brings together older adults through exercise, classes, workshops, and a daily healthy lunch.

Arts at Iona

Promoting healthy aging through the arts and creative expression.

Dementia Navigators

Available to older adults aged 60+ who have memory loss and their care partners. Provides information, assistance, and resource counseling from expert social workers. Dementia Navigators is subsidized by the DC Department of Aging and Community Living.

Community Dining Sites

At multiple locations in Wards 2, 3, and 4, in-person morning and afternoon activities with a nutritious lunch, Monday to Friday

Aging Solo

Providing a national, award-winning online learning opportunity to help people take charge of their aging.

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.

Around Town DC

Offering virtual and in-person activities, classes, concerts, workshops, and other events.

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.

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.

ADVANCED WELLNESS AND ELDERCARE SERVICES

At Iona, we offer nationwide fee-for-service programs to support older adults and caregivers through their aging journey, whether planning for the future or needing immediate help. Explore Iona's programs to find community, support, and resources as you care for yourself and others.

Adult Day Health

Receive individualized therapeutic, social, and health services from compassionate staff at the Wellness & Arts Center and Washington Home Center.

Eldercare Consultant Services Program for Employers

Provide employees with personalized, comprehensive support and resources.

Aging and Caregiving Support

Obtain help for today and planning for tomorrow. Our team specializes in working with caregivers, older adults, and professional associates in navigating and problem solving the challenges of aging.

Support Groups

Connect with others experiencing similar situations, learn coping strategies, and share stories.

Mental Health Therapy

Therapy is an excellent tool to help support aging adults remain in charge of their emotional wellbeing. Growing in years means growing in experiences - joyful, sorrowful, and everything in between. As we face these changes, it's not uncommon to feel overwhelmed or daunted by a sense of loss,. Iona's licensed clinical social workers offer Medicare covered 1:1 therapy sessions for short or long term concerns.



Adult Day Health

Iona Senior Services' two adult day health centers provide individualized therapeutic, social, and health services during the day for older adults. Our staff offers compassionate care and a friendly community at two locations: the Wellness & Arts Center in Tenleytown and the Washington Home Center in Congress Heights.



Washington Home Center
3303A Stanton Rd SE



Wellness & Arts Center
4125 Albemarle St NW



Daily Exercise



Creative Arts



Socialization

Learn more at: <https://iona.org/programs/adult-day-health/>



Iona is supported by the D.C. Department of Aging and Community Living and our generous community.



(202) 895-9448



www.iona.org



info@iona.org

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 offer 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** **202-948-2057**

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, and social workers, 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 Day Care Center **202-723-8537**
4817 Blagden Avenue NW, Washington, DC 20011

www.gnj seniordaycare.com

PSI Services III Inc **202-547-3870**

5820 Dix Street NE, Washington, DC 20019

www.psifamilyofservices.com

MARYLAND (MONTGOMERY & PRINCE GEORGE'S COUNTIES)

Fenwick Landing Senior Care Community **301-638-1400**

11665 Dolittle Drive, Waldorf, MD 20602

www.fenwicklandingseniorcare.com

ADULT DAY HEALTH SERVICES

Easter Seals Adult Day Program **301-758-4168**

Harry and Jeanette Weinberg Intergenerational Center
1420 Spring Street, Silver Spring, MD 20910

www.easterseals.com/DCMDVA/programs-and-services/harry-and-jeanette-weinberg.html

Friends Club Bethesda **301-469-0070**

Bradley Hills Presbyterian Church
6601 Bradley Boulevard, Bethesda, MD 20817

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

hhadultday.com

Holy Cross Hospital Medical Adult Day Center **301-754-7150**

9805 Dameron Drive, Silver Spring, MD, 20902

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

Kensington Club Gortitz Social Day Program **301-255-4204**

12320 Parklawn Drive, Rockville, MD 20850

accessjca.org/kensington-clubs/

We Care Adult Day Care Center **301-925-1515**

1717 Largo Road, Upper Marlboro, MD 20774

www.wecaredayprogram.com/

Winter Growth, Inc. **301-774-7501**

18110 Prince Philip Drive, Olney, MD 20832

www.wintergrowthinc.org

VIRGINIA

ARCH National Respite Network and Resource Center **703-256-2084**

www.archrespite.org

Arlington County Walter Reed **703-228-5340**

Adult Day Health Care Center
2909 16th Street South, Arlington, VA 22204

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Programs/Adult-Day

City of Alexandria Adult Day Services Center **703-746-5676**

Lee Center, City of Alexandria, Division of Aging and Adult Services
1108 Jefferson Street, Alexandria, VA 22314

www.alexandriava.gov/older-adult-services/program/adult-day-services-center

Fairfax County Adult Day Health Care	703-324-7329
12000 Government Center Parkway, Fairfax, VA 22035 www.fairfaxcounty.gov/neighborhood-community-services/adult-day-health-care	
Lewinsville Center	703-734-1718
1611 Great Falls Street, McLean, VA 22101	
Lincolnia Center	703-914-1372
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	703-204-4664
3953 Pender Drive, Suite 100, Fairfax, VA 22030 www.insightmcc.org	



EXPLORE
Around Town DC
www.aroundtowndc.org

If you are a DC resident, age 60+ and looking for ways to meet new people, stay fit, explore your creativity, and tap into your neighborhood resources, Around Town DC is the place for you. Virtual and in-person opportunities available.



**Fitness and Wellness
Classes**



**Arts and Social
Opportunities**



**Recreational
Programs Around DC**



**Special Events
(Virtual and In-person)**

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Iona is supported by the
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LIVE BOLDLY

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



ADULT EDUCATION, ARTS, RECREATION AND EXERCISE

DISTRICT OF COLUMBIA

Active Wellness at St. Alban's **202-895-9448**

3001 Wisconsin Avenue NW, Washington, DC 20016

www.iona.org

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

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/2022/05/18/
supporting-older-adult-mental-health/](http://www.maryscenter.org/2022/05/18/supporting-older-adult-mental-health/)

Wards 2 and 3:

Iona's Around Town DC 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/2022/05/18/
supporting-older-adult-mental-health/](http://www.maryscenter.org/2022/05/18/supporting-older-adult-mental-health/)

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

ADULT EDUCATION, ARTS, RECREATION, AND EXERCISE

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 (DPR)** 202-673-7647, 202-741-8716
dpr.dc.gov/page/dpr-senior-service-centers

Ward 4:

Emery Heights Community Center 202-576-3211
5701 Georgia Avenue NW

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

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

Ward 6:

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

Ward 7:

Joy Evans Therapeutic Aquatic Center 202-645-5708
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	202-679-3251
Guy Mason Recreation Center 3600 Calvert Street NW	202-727-7736
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	202-576-9284

Ward 5:

North Michigan Park Recreation Center 1333 Emerson Street NE	202-541-3526
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 Center 1350 49th Street NE	202-671-3078
Deanwood Recreation Center 1350 49th Street NE	202-671-3077

ADULT EDUCATION, ARTS, RECREATION, AND EXERCISE

Ward 8:

Bald Eagle Recreation Center 202-671-5125
100 Joliet Street SW

Ferebee Hope Aquatic Center 202-645-3916
700 Yuma 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
4801 Massachusetts Avenue NW, Suite 501 Washington, DC 20016
www.olli-dc.org

Sibley Senior Association 202-364-7602
5255 Loughboro Road NW, Washington, DC 20016
www.hopkinsmedicine.org/about/community_health/sibleymemorial-hospital/senior-wellness

Smithsonian Associates 202-633-3030
PO Box 23293, Washington, DC 20026
www.smithsonianassociates.org

So Others Might Eat (SOME) Senior Services 202-797-8806
71 O Street NW, Washington, DC 20011
www.some.org

University of the District of Columbia (UDC) 202-274-5830
Community College Lamond Riggs Campus
5171 S. Dakota Avenue NE, Washington, DC 20017
www.udc.edu/cc/about

University of the District of Columbia (UDC) 202-274-7181
Community College – Workforce Development and Lifelong Learning
Congress Heights Campus
3100 Martin Luther King Jr Avenue SE, Washington, DC 20032
www.udc.edu/workforce-development/

Vida Senior Centers 202-483-5800
1842 Calvert Street NW, Washington, DC 20009
www.vidaseniorcenter.org

YMCA 202-232-6700
1325 W Street NW, Washington, DC 20009
www.ymcadc.org/

YWCA 202-626-0700
2303 14th Street NW, Suite #100, Washington, DC 20009
www.ywcanca.org

MARYLAND

Chinese Culture and Community Service Center **301-820-7200**

9318 Gaither Road, Suite 215, Gaithersburg, MD 20877

www.ccacc-dc.org

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

4433 South Park Avenue, Chevy Chase, MD 20815

friendshipheightsmd.gov

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

7300 McArthur Boulevard, Glen Echo, MD 20812

www.glenechopark.org

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

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

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

4805 Edgemoor Lane, Bethesda, MD 20814

**Montgomery County Recreation (MCR)
Department's Senior Centers** **240-777-4980**

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

Holiday Park Senior Center **240-777-4999**

3950 Ferrara Drive, Silver Spring

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

Silver Spring Senior Center **240-777-6900**

1319 Apple Avenue, Silver Spring

Wheaton Senior Center **240-773-4830**

11701 Georgia Avenue, Wheaton

White Oak Senior Center **240-777-6944**

1700 April Lane, Silver Spring

www.montgomerycountymd.gov/rec/activitiesandprograms/seniors

**Prince George's County Department of
Parks and Recreation** **301-699-2255**

6600 Kenilworth Avenue, Riverdale, MD 20737

Camp Springs Senior Activity Center **301-449-0490**

6420 Allentown Road, Camp Springs

Evelyn Cole Senior Activity Center **301-386-5525**

5720 Addison Road, Seat Pleasant

ADULT EDUCATION, ARTS, RECREATION, AND EXERCISE

Gwendolyn Britt Senior Activity Center 4009 Wallace Road, North Brentwood	301-699-1238
John E. Howard Senior Activity Center 4400 Shell Street, Capitol Heights	301-735-2400
Langley Park Senior Activity Center 1500 Merrimac Drive, Hyattsville	301-408-4343
Laurel-Beltsville Senior Activity Center 7120 Contee Road, Laurel	301-206-3350
Southern Area Aquatics and Recreation Complex 13601 Missouri Ave, Brandywine	301-782-1455
www.pgparcs.com/activities-events/seniors	
Seasoned Adults Growing Educationally (SAGE) 301 Largo Road, Largo, MD 20774 www.pgcc.edu/sage	301-546-PGCC (7422)
Washington Metro Oasis 240-800-3745 7125 Democracy Boulevard, Bethesda, MD 20817 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 www.alexandriava.gov/older-adultservices/program/recreation-for-older-adults	703-751-2766
Alexandria Department of Parks & Cultural Activities www.alexandriava.gov/recreation-programs/seniors	703-746-5414
Arlington County Senior Centers Office of 55+ Program, Lubber Run Center, 300 N. Park Drive, Arlington, VA 22203	703-228-4747
Arlington Mill Community Center 909 S. Dinwiddie Street, Arlington	703-228-7369
Aurora Hills Community Center 735 S. 18th Street, Arlington	703-228-5722
Langston-Brown Community Center 2121 N. Culpepper Street, Alexandria	703-228-6300

ADULT EDUCATION, ARTS, RECREATION, AND EXERCISE

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

Walter Reed Community Center 703-228-0955
2909 S. 16th Street, Arlington

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

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

Minnie H Peyton Community Center 703-820-2131
5920 Summers Lane, Falls Church

Fairfax City Young at Heart Senior Center 703-273-6090
4401 Sideburn Road, Fairfax

City of Falls Church Senior Center 703-248-5020
223 Little Falls Street, Falls Church

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

Hollins Hall Senior Center 703-765-4573
1500 Shenandoah Road, Alexandria

James Lee Senior Center 703-534-3387
2855 Annandale Road, Falls Church

Kingstowne Center for Active Adults 703-339-7676
6488 Landsdowne Center, Alexandria

Lewinsville Senior Center 703-442-9075
1613 Great Falls Street, McLean

Lincolnia Senior Center 703-914-0330
4710 North Chambliss Street, Alexandria

Little River Glen Senior Center 703-503-8703
4001 Barker Court, Fairfax

Lorton Senior Center 703-550-7195
9520 Richmond Highway, Lorton

Jim Scott Senior Center 703-865-0520
3001 Vaden Drive, Fairfax

Sully Senior Center 703-322-4475
13800 Wall Road, Herndon

Wakefield Senior Center 703-321-3000
8100 Braddock Road, Annandale

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

UNITED STATES

Road Scholar

800-454-5768

PO Box 56033, Boston, MA 02205

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

www.adasisrael.org/senior-fellowship

Edlavitch Jewish Community Center of Washington, DC (DCJCC)

202-518-9400

1529 16th Street NW, Washington, DC 20036

www.edcjcc.org

National Presbyterian Church

202-537-0800

4101 Nebraska Avenue NW, Washington, DC 20016

www.nationalpres.org/connect/adult-fellowship/

St. Paul's Lutheran Church

202-966-5489

4900 Connecticut Avenue NW, Washington, DC 20008

www.stpaulslutherandc.org

Temple Micah

202-342-9175

2829 Wisconsin Avenue NW, Washington, DC 20007

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

www.whctemple.org/

ADVOCACY

Iona Citizens Advisory Group (CAG) 4125 Albemarle Street NW, Washington, DC 20016 iona.org/get-involved/	202-895-9448
DC Coalition on Long Term Care (LTC) www.dclongtermcare.org	202-559-9850
DC Senior Advisory Coalition (S.A.C.) 4125 Albemarle Street NW, Washington, DC 20016 3303A Stanton Road SE, Washington, DC 20020	202-895-9448
AARP 100 M Street SE, Suite 650, Washington, DC 20003 www.aarp.org/dc	202-434-7700
ADvancing States 241 18th Street S, Suite 403, Arlington, VA 22202 www.advancingstates.org/about-advancing-states	202-898-2578
Alliance for Retired Americans 815 16th Street NW, 4th Floor, Washington, DC 20006 www.retiredamericans.org	202-637-5399
American Geriatrics Society (AGS) 40 Fulton Street, Suite 809, New York, NY 10038 www.americangeriatrics.org	212-308-1414
American Society on Aging 548 Market Street, PMB 85589 San Francisco, CA 94104 www.asaging.org	800-537-9728
DC Hunger Solutions 1200 18th Street NW, Suite 400, Washington, DC 20036 www.dchunger.org	202-640-1088
National Caucus & Center on Black Aging, Inc. (NCBA) 1220 L Street NW, Suite 800, Washington, DC 20005 www.ncba-aged.org	202-637-8400
National Committee to Preserve Social Security and Medicare 777 North Capitol St NE, Suite 805, Washington, DC 20002 www.ncpssm.org	202-216-0420

ADVOCACY

National Council on Aging (NCOA) **571-527-3900**

251 18th Street South, Suite 500, Arlington, VA 22202

www.ncoa.org

National Hispanic Council on Aging (NHCOA) **202-347-9733**

2201 12th Street NW, Suite 101, Washington, DC 20009

www.nhcoa.org

National Indian Council on Aging **505-292-2001**

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

www.nicoa.org

USAging **202-872-0888**

1100 New Jersey Avenue SE, Suite 350, Washington, DC 20003

www.usaging.org

Women's Institute for a Secure Retirement (WISER) **202-393-5452**

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

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

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**

aging.maryland.gov/pages/state-long-term-care-ombudsman.aspx

Montgomery County Long-Term Care Ombudsman **240-777-3369**

401 Hungerford Drive, 7th Floor, Rockville, MD 20850

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

Northern Virginia Long-Term Care Ombudsman **703-324-7948**

12011 Government Center Parkway, Fairfax, VA 22035

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 - Dementia Navigators** **202-895-9448**
4125 Albemarle Street NW, Washington, DC 20016
3303A Stanton Road SE, Washington, DC 20020
www.iona.org
- Alzheimer's Association, National Capital Area Chapter** **703-359-4440**
3550 S Clark St, Suite 203, Arlington, VA 22202
www.alz.org/nca
- Alzheimer's Association, National Office (24-hour helpline)** **800-272-3900**
225 North Michigan Avenue, 17th Floor, Chicago, IL 60601
www.alz.org
- Alzheimer's & Related Dementias Education & Referral Center (ADEAR)** **800-438-4380**
nia.nih.gov/about/alzheimers-and-dementia/about-adear-center
- Alzheimer's Foundation of America** **866-232-8484**
322 8th Avenue, 16th Floor, New York, NY 10001
www.alzfdn.org
- Club Memory® at Sibley Memorial Hospital** **202-364-7602**
5255 Loughboro Road NW, Washington, DC 20016
www.hopkinsmedicine.org/about/community-health/sibley-memorial-hospital/senior-wellness
- Lewy Body Dementia Association (LBDA)** **800-539-9767**
912 Killian Hill Road SW, Lilburn, GA 30047
www.lbda.org



Dementia Navigators

Our Dementia Navigator is our rock. We get strength and comfort in knowing we are not alone."



Led by licensed clinical social workers, Iona's citywide Dementia Navigator program helps individuals and families through the challenges of a dementia diagnosis through ongoing care management and resource referrals.

LEARN MORE BY CONTACTING IONA'S HELPLINE AT (202) 895-9448 OR EMAIL [INFO@IONA.ORG](mailto:info@iona.org)



Iona is supported by the D.C. Department of Aging and Community Living and our generous community.

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

BENEFITS AND APPLYING FOR THEM

Benefitscheckup.org **1-800-794-6559**
benefitscheckup.org/#/prescreen

Centers for Medicare & Medicaid Services (CMS) **1-800-633-4227, 1-800-Medicare**
7500 Security Boulevard, Baltimore, Maryland 21244
www.cms.gov/about-cms

State Health Insurance Assistance Program (SHIP)
District of Columbia **202-727-8370**
dacl.dc.gov/service/health-insurance-counseling

Maryland **1-800-243-3425**
aging.maryland.gov/Pages/state-health-insurance-program.aspx

Virginia **1-800-552-3402**
vda.virginia.gov/vicap.htm

TRICARE **1-877-874-2273**
7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042-5101
www.tricare.mil

U.S. Department of Veterans Affairs **Main 800-698-2411**
Benefits 800-827-1000
Health Care 877-222-8387
810 Vermont Avenue NW, Washington, DC 20420
choose.va.gov
www.va.gov/washington-dc-health-care

U.S. Social Security Administration **800-772-1213**
1300 D Street SW, Washington, DC 20228
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's Aging and Caregiving Support

Aging and Caregiving Support 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 hourly rate, licensed social workers are available to older adults and family caregivers to provide resource referrals, guidance on aging and healthcare issues, and hands-on coordination of services.

Aging and Caregiving Support 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 Aging and Caregiving Support 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

Aging and Caregiving Support serves all DC wards and some zip codes in Montgomery County. There are no geographic restrictions for consultation.

For more information about Aging and Caregiving Support, 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's social workers provide short term, light care management services to DC residents 60 and older in Wards 2, 3, and 4. There is no charge for services (donations are welcome, but not required). Iona's community social workers can assess how well an older adult is managing on their own, and what care might be needed, apply for government benefits and services, and provide other supports and referrals as needed.

**Aging Life Care Association (formerly National Association
of Professional Geriatric Care Managers) 520-881-8008**
1747 Pennsylvania Avenue NW, Suite 1000, Washington, DC 20006
www.aginglifecare.org

Aging Well Eldercare

301-593-5285

Celebrating over 37 years serving seniors and their families facing challenges of aging or disability with expert recommendations, advocacy & support. Consultations (in-office or virtual) as well as ongoing care management.

www.care-manager.com

Corewood Care

301-909-8117

5272 River Road, Suite 700, Bethesda, MD 20816
www.corewoodcare.com/care-management-services



**Celebrating 37 Years
of Excellence!**

(Formerly Debra Levy Eldercare Associates)

**We Are Like Wedding
Planners for Aging Well™**

Care Management

Our Aging Life Care Managers® provide expert recommendations and individualized support to you and your family. Comprehensive in-home assessments and office or video consultations available.

Debbie's Angels

Our concierge companion services for social engagement and life enrichment activities.

WellSenior™

Our unique program for aging adults with no local family who want to plan for potential future care needs.

Serving Washington DC and Maryland Suburbs

(301) 593.5285 | info@care-manager.com | www.care-manager.com

CARE MANAGEMENT AND ELDERCARE CONSULTATIONS

JSSA Aging in Place (Jewish Social Services Agency)

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

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

Rockville-Grandin 240-800-JSSA
1010 Grandin Avenue, Rockville, MD

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

www.jssa.org

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

[www.aginglifecare.org/ALCAWEB/ALCAWEB/Chapters/
Mid-Atlantic-Chapter/Mid-Atlantic-Chapter-Home.aspx](http://www.aginglifecare.org/ALCAWEB/ALCAWEB/Chapters/Mid-Atlantic-Chapter/Mid-Atlantic-Chapter-Home.aspx)

Seabury Care Management 202-364-0020
555 Water Street SW, Washington, DC 20024

www.seaburycaremanagement.org

DC SUBSIDIZED GERIATRIC ASSESSMENT AND CARE MANAGEMENT

Miriam's Kitchen 202-452-8926
2401 Virginia Avenue NW, Washington, DC 20037
www.miriamskitchen.org

So Others Might Eat (SOME) Senior Services 202-938-2907
71 O Street NW, Washington, DC 20001

Karin House Senior Center
1395 Aspen St NW, Washington, DC 20012

Kuehner House Senior Center
1667 Marion Barry Ave SE, Washington, DC 20020

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 has a variety of programs to meet the needs of caregivers including adult day programs that provide caregiver respite, care management support, and caregiver support groups.
www.iona.org
- ARCH National Respite Network and Resource Center** **703-256-2084**
www.archrespite.org/home
- Caregivers Action Network (CAN)** **855-227-3640**
1150 Connecticut Ave NW, Suite 501, Washington, DC 20036
www.caregiveraction.org
- Caring Bridge** **651-452-7940**
3600 American Boulevard W, Suite 405, Bloomington, MN 55431
www.CaringBridge.org
- DC Caregivers' Institute** **202-638-2382**
1234 Massachusetts Ave NW, #C1002, Washington, DC 20005
www.homecarepartners.org/our-programs/dc-caregivers-institute/
- DACL Caregiver Programs** **202-724-5626**
500 K Street NE, Washington, DC 20002
dacl.dc.gov/service/caregiver-programs
- Department of Veterans' Affairs**
Staying Strong Caregivers Program **855-260-3274**
www.caregiver.va.gov/strong/index.asp
- Easter Seals Serving DC MD VA, Inc.** **301-588-8700**
1420 Spring Street, Silver Spring, MD 20910
www.easterseals.com/DCMDVA/support-and-education/for-caregivers/
- Fairfax Co. Family Caregiver Support Programs** **703-324-7948**
12011 Government Center Parkway, Suite 708, Fairfax, VA 22035
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
www.caregiver.org



**Help for today.
Planning for tomorrow.**

Aging and Caregiving Support

Let the trained social workers at Iona Senior Services do the research and coordination, to arrange and oversee services so that you can feel confident knowing your loved one is receiving the best care possible.

Steps

1. 15-minute complementary call
2. Initial consultation
3. Ongoing consultations
4. Care management facilitation



SCAN FOR MORE INFO

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

Holy Cross Caregiver Resource Center

301-754-7152

9805 Dameron Drive, Silver Spring, MD 20902

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

www.lotsahelpinghands.com

National Alliance for Caregiving (NAC)

202-918-1013

1730 Rhode Island Avenue NW, Suite #812, Washington, DC 20036

www.caregiving.org

UDC Senior Companion/Respite Aide Program

202-274-6697

4200 Connecticut Avenue NW, Building 39, Room 101, Washington, DC 20008

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

Virginia Navigator

866-393-0957

virginiannavigator.org/for-caregivers

CLINICS

Free Clinic

Administration 703-979-1425
Clinic/Patient Info 703-979-1400

2921 11th Street South, Arlington, VA 22204

www.arlingtonfreeclinic.org

Bread for the City Medical and Dental Clinic

202-265-2400

Northwest Center

1525 7th Street NW, Washington, DC 20001

Southeast Center

1700 Marion Barry Ave SE, Washington, DC 20020

www.breadforthecity.org

Catholic Charities' Medical Clinics

Spanish Catholic Center

202-939-2400

1618 Monroe Street NW, Washington, DC 20010

[www.catholiccharitiesdc.org/about-us/our-locations/
spanish-catholic-center/](http://www.catholiccharitiesdc.org/about-us/our-locations/spanish-catholic-center/)

Susan Denison Mona Center

301-615-0950

5859 Allentown Way, Temple Hills, MD 20748

[www.catholiccharitiesdc.org/about-us/our-locations/
our-locations-mona-center/](http://www.catholiccharitiesdc.org/about-us/our-locations/our-locations-mona-center/)

Columbia Road Health Services (CRHS)

202-328-3717

1660 Columbia Road NW, Washington, DC 20009

www.unityhealthcare.org

Community Clinic, Inc. (CCI)

866-877-7258

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

www.cciweb.org

Community of Hope

(Hotline) 202-407-7747

Conway Health and Resource Center

202-540-9857

4 Atlantic Street SW, Washington, DC 20032

Marie Reed Health Center

202-540-9857

2155 Champlain Street NW, Washington, DC 20009

Family Health and Birth Center

202-540-9857

2120 Bladensburg Road NE, Washington, DC 20018

www.communityofhopedc.org/healthcare

Elaine Ellis Center of Health (EECH)**District of Columbia Campus****202-803-2340**

1627 Kenilworth Ave NE, Washington, DC 20019

College Park Campus**301-441-1605**

10001 Rhode Island Ave, College Park, MD 20740

www.eechealth.com**Family and Medical Counseling Services, Inc.****202-889-7900****Washington, DC Office**

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

Prince George's County, MD Office

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

www.fmcsinc.org**Friendship Place****202-364-1419**

4713 Wisconsin Avenue NW, Washington DC 20016

www.friendshipplace.org**Greater Baden Medical Services (GBMS)****301-888-2233**

7450 Albert Road, 3rd Floor, Brandywine, MD 20613

www.gbms.org**HealthWorks for Northern Virginia****703-443-2000****Leesburg**

163 Fort Evans Road NE, Leesburg VA 201764

Herndon

1141 Elden Street, Third Floor, Herndon, VA 20170

Sully (Herndon)

13800 Wall Road, Suite 055, Herndon, VA 20171

Reston

11484 Washington Plaza West, Reston, VA 20190

Sterling

21641 Ridgetop Cir #107, Sterling, VA 20166

www.hwnova.org**Hirsh Health Center****301-816-5004**

Ring House, 1801 East Jefferson Street, Rockville, MD 20852

www.smithlifecommunities.org/care-services/hirsh-medical-center/

CLINICS

La Clinica del Pueblo **202-462-4788**

La Clinica del Pueblo 15th Street
2831 15th Street NW, Washington, DC 20009

La Casa Community Center
3166 Mt Pleasant Street NW, Washington, DC 20010

La Clinica del Pueblo Hyattsville
2970 Belcrest Center Dr, 301, 4th Floor, Hyattsville, MD 20782

www.lcdp.org

Neighborhood Health **703-535-5568**

6677 Richmond Highway, Alexandria, VA 22306

www.neighborhoodhealthva.org

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

8757 Georgia Avenue, Silver Spring, MD 20910

www.primarycarecoalition.org/

So Others Might Eat (SOME) Medical and Dental Clinic **202-381-0899**

60 O Street NW, Washington, DC 20001

www.some.org/services/healthcare

Unity Health Care Center **202-469-4699**

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

www.unityhealthcare.org/find-a-health-care-center

U.S. Department of Veterans Affairs Community Clinics

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

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

Whitman-Walker at 1525
1525 14th Street NW, Washington, DC 20005

Max Robinson Center
1201 Sycamore Dr SE, Washington, DC 20032

Whitman-Walker at LIZ
1377 R Street NW, Washington, DC 20009

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

Northeast Site

202-269-6623

2315 18th Place NE, Washington, DC 20018

Southeast Site

202-373-0246

421 Alabama Avenue SE, Washington, DC 20032

www.aohdc.org

Adventist Community Services of Greater Washington (ACSGW)

301-585-6556

501 Sligo Avenue, Silver Spring, MD 20910

www.acsgw.org

Arlington County Community Outreach Program

[www.arlingtonva.us/Government/Departments/DHS/
Public-Assistance/Community-Outreach-Program](http://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Community-Outreach-Program)

Chinatown Service Center

202-898-0061

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

www.cccdc.com/chinatown-service-center

DC Public Library

202-727-1101

901 G Street NW, Washington, DC 20001

www.dclibrary.org/using-the-library/computer-classes

Fairfax County Senior Centers

703-324-4600

Multiple locations around the county.

[www.fairfaxcounty.gov/neighborhood-community-services/
technology-programs/technology-for-seniors](http://www.fairfaxcounty.gov/neighborhood-community-services/technology-programs/technology-for-seniors)

Korean Community Service Center of Greater Washington

703-354-6345

www.kcscgw.org

Mission of Love Charities

301-333-4440

6180 Old Central Avenue, Capitol Heights, MD 20743

molcinc.org

COMPUTER CLASSES

Montgomery County Recreation

Holiday Park 3950 Ferrara Drive, Silver Spring, MD	240-777-4999
Long Branch 8700 Piney Branch, Silver Spring, MD	240-777-6975
Margaret Schweinhaut 1000 Forest Glen Road, Silver Spring, MD	240-777-8085
North Potomac – Senior Center 13850 Travilah Road, Rockville, MD	240-773-4805
Silver Spring 1319 Apple Ave, Silver Spring, MD	240-777-6900
White Oak 1700 April Lane, Silver Spring, MD	240-777-6944
Wheaton 11701 Georgia Ave, Wheaton, MD	240-773-4830

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

Prince George's County

Department of Parks and Recreation Multiple Senior Centers throughout the County. www.pg parks.com/activities-events/seniors	301-699-2255
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Seasoned Adults Growing Educationally (SAGE) www.pgcc.edu/sage	301-546-0923
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CONSUMER INFORMATION

Arlington County Human Rights Commission 2100 Clarendon Boulevard, Suite 500, Arlington, VA 22201 www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/ Human-Rights-Commission	703-228-3929
Arlington County Office of Citizen and Consumer Affairs 2100 Clarendon Boulevard, Suite 302, Arlington, VA 22201 www.arlingtonva.us/Government/Topics/ Consumer-Protection-Clearinghouse	703-228-3120
Better Business Bureau (BBB) serving Metro Washington DC, Philadelphia, & Eastern PA 1337 North Front Street, Harrisburg, PA 17102 www.bbb.org/washington-dc-eastern-pa	717-364-3250
City of Alexandria Office of Human Rights 301 King Street, Alexandria, VA 22314 www.alexandriava.gov/HumanRights	703-746-3140
Consumers' Checkbook Magazine 1625 K Street NW, 11th Floor, Washington, DC 20006 www.checkbook.org	888-596-0729
DC Department of Buildings (DOB) 1100 4th Street SW, Washington, DC 20024 dob.dc.gov	202-671-3500
DC Department of Licensing and Consumer Protection (DLCP) 1100 4th Street SW, Washington, DC 20024 dclp.dc.gov	202-671-4500
DC Office of the Attorney General (OAG) 400 6th Street NW, Washington, DC 20001 oag.dc.gov/consumer-protection	202-727-3400
DC Office of Human Rights (OHR) 441 4th Street NW, Suite 570 N, Washington, DC 20001 ohr.dc.gov	202-727-4559
DC Office of the People's Counsel 655 15th Street NW, Suite 200, Washington, DC 20005 opc-dc.gov	202-727-3071

CONSUMER INFORMATION

Fairfax County Consumer Affairs Branch	703-324-7329
12000 Government Center Parkway, Fairfax, VA 22035	
www.fairfaxcounty.gov/consumercomplaint	
Fairfax County Office of Human Rights and Equality	703-324-2953
12000 Government Center Parkway, Suite 318, Fairfax, VA 22035	
www.fairfaxcounty.gov/ohrep/hrd	
Maryland Attorney General, Consumer Protection Division	410-576-6300
200 St. Paul Place, Baltimore, MD 21202	
Consumer Complaint	410-528-8662
Medical Billing Complaints	410-528-1840
Health Plan Decision Appeals line	877-261-8807
www.marylandattorneygeneral.gov/Pages/CPD/default.aspx	
Montgomery County Office of Consumer Protection (OCP)	240-777-3636
100 Maryland Avenue, Suite 3600, Rockville, MD, 20850	
www.montgomerycountymd.gov/ocp	
Montgomery County Office of Human Rights	240-777-8450
21 Maryland Avenue, Suite 330, Rockville, MD, 20850	
www.montgomerycountymd.gov/humanrights	
Prince George's County Human Relations Commission	
14741 Governor Oden Bowie Drive, Suite L105, Upper Marlboro, MD 20772	
Human Rights	301-883-6170
Clerk of Commission	240-328-4145
www.princegeorgescountymd.gov/boards-commissions/ human-rights-commission	
U.S. Consumer Product Safety Commission Consumer Hotline	800-638-2772
4330 East-West Highway, Bethesda, MD 20814	
www.cpsc.gov	
Virginia Attorney General Consumer Protection Section	804-786-2071
202 North Ninth Street, Richmond, VA 23219	
oag.state.va.us	

DRIVER SAFETY

AAA Roadwise Driver

877-457-0711

Contact your local AAA club for more information

exchange.aaa.com/safety/senior-driver-safety-mobility/

aaa-roadwise-driver/

www.acg.aaa.com/drivers-safety/senior-driver-training.html

AARP Driver Safety Resource Program

888-687-2277

601 E Street NW, Washington, DC 20049

www.aarpdriversafety.org

Insurance Institute for Driver Safety (IIHS)

703-247-1500

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

www.iihs.org

Johns Hopkins Driving Program

443-997-5476

Howard County General Hospital/JHM, Columbia, MD 21044

MedStar Adaptive Driving Program

National Rehabilitation Hospital

202-877-1035

Good Samaritan Hospital

443-444-5500

McLean, VA

703-288-8260

Mitchellville, MD

301-390-3076

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

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)
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/ads/adsadultprotectsvcs-p176.html

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

American Red Cross National Capital and Greater Chesapeake Region **703-584-8400**
See website for 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**
www.arlingtonva.us/Government/Departments/Fire

Arlington County Police Department **703-558-2222**
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
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**Bethesda-Chevy Chase Rescue Squad (BCCRS)** **301-652-0077**

5020 Battery Lane, Bethesda, MD 20814

www.bccrs.org**City of Alexandria Fire Department**www.alexandriava.gov/Fire**City of Alexandria Police Department**

3600 Wheeler Avenue, Alexandria, VA 22304

www.alexandriava.gov/Police**HopeLink Behavioral Health (formerly PRS Inc)**

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

hopelinkbh.org**Crisis Link Regional Hot Line** **703-527-4077****National 988 Suicide and Crisis Lifeline** **988, TTY:711****National Lifeline Phone** **800-273-8255****Text Connect** **85511****Suicide Prevention Chat Line** chat.988lifeline.org**DC Homeland Security and Emergency Management Agency (HSEMA)**

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

hsema.dc.gov**DC Department of Human Services** **202-399-7093 or 311**dhs.dc.gov/extremeweather#:~:text=During%20hypothermia%20season%2C%20the%20Shelter,399%2D7093%20or%20dial%20311**DC Metropolitan Police Department (MPD)** **202-727-9099**
or 311 for city services

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

mpdc.dc.gov**Dominion Virginia Power Outage Center** **866-366-4357**www.dominionenergy.com/virginia/report-outage-or-emergency**ElderSAFE Center at Charles E. Smith Life Communities****301-816-5099 Helpline**

6121 Montrose Road, Rockville, MD 20852

www.smithlifecommunities.org/care-services/eldersafe-care/

EMERGENCY SERVICES AND SHELTERS

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

12099 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/fire-ems

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

4890 Alliance Drive, Fairfax, VA 22030

www.fairfaxcounty.gov/emergencymanagement

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

12099 Government Center Parkway, Fairfax, VA 22035

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

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

899 North Capitol Street NE, Suite 3100, Washington, DC 20002

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

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

www.montgomerycountymd.gov/mcfrs/

Montgomery County Police Department **301-279-8000,**
311 city services

100 Edison Park Drive, Gaithersburg, MD 20878

www.montgomerycountymd.gov/pol

**Montgomery County Office of Emergency
Management and Homeland Security**

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

www.montgomerycountymd.gov/oemhs

National Domestic Violence Hotline **800-799-SAFE**

www.thehotline.org

National Sexual Assault Hotline **800-656-4673**

www.rainn.org/resources

PEPCO Emergency Power Outage Center **877-737-2662**

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

EMPLOYMENT

DISTRICT OF COLUMBIA

40 Plus of Greater Washington 1030 15th Street NW, Unit 152 , Washington, DC 20005 www.40plus-dc.org	202-387-1582
DC Department of Aging and Community Living (DACL) 500 K Street NE, Washington, DC 20002 dacl.dc.gov	202-724-5626
DC Job Bank Department of Employment Services 4058 Minnesota Avenue NE, Washington, DC 20019 www.dcnetworks.org	202-724-2337
Friendship Place 4713 Wisconsin Avenue NW, Washington DC 20016 www.friendshipplace.org	202-364-1419

MARYLAND

Adventist Community Services of Greater Washington (ACSGW) 501 Sligo Avenue, Silver Spring, MD 20910 www.acsgw.org	301-585-6556
Career Gateway (Jewish Council for the Aging) www.accessjca.org/career-gateway	301-255-4215
Center for Workforce Inclusion 8403 Colesville Road, Suite 200, Silver Spring, MD 20910 www.centerforworkforceinclusion.org	301-578-8900
Casa de Maryland, Inc.	301-431-4185
Baltimore Welcome Center 2706 Pulaski highway, Baltimore, MD 21224	410-732-7777
Prince George's Welcome Center 8151 15th Ave, Langley Park, MD 20783	301-431-4185
Rockville Welcome Center 14645 Rothgeb Dr, Rockville, MD 20850	240-670-4847
Silver Spring Welcome Center 734 University Ave E, Silver Spring, MD 20903	240-491-5754
Wheaton Welcome Center 11425 Grandview Ave, Silver Spring, MD 20902 www.wearecasa.org	301-933-4461

EMPLOYMENT

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

12320 Parklawn Drive, Rockville, MD, 20852

www.accessjca.org

JSSA Employment Services (Jewish Social Services Agency)

Rockville-Falls Grove **240-800-JSSA**

200 Wood Hill Road, Rockville, MD

Rockville-Montrose **240-800-JSSA**

6123 Montrose Road, Rockville, MD

Rockville-Grandin **301-424-2989**

1010 Grandin Avenue, Rockville, MD

Fairfax **240-800-JSSA**

3025 Hamaker Court, Suite 450, Fairfax, VA

www.jssa.org

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

Senior Community Service Employment Program (SCSEP) **301-255-4200**

12320 Parklawn Drive, Rockville, MD 20852

www.accessjca.org/scsep

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

www.worksourcemontgomery.com

VIRGINIA

Arlington Employment Center **703-228-1400**

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

www.arlingtonva.us/Government/Programs/AEC

City of Alexandria Workforce Development Center **703-746-5940**

4850 Mark Center Drive, 6th Floor, Alexandria, VA 22311

www.alexandriava.gov/WorkforceDevelopment

Fairfax County Employment Resource Centers **703-533-5400**

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

United Community**703-768-7106**

7511 Fordson Road, Alexandria, VA 22309

www.unitedcommunity.org**Virginia Career Works Fairfax Annandale Center**

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

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

Multiple locations throughout the state.

vawc.virginia.gov**Virtual 50+ Employment Expo
(Jewish Council for the Aging)****703-652-1518**www.accessjca.org/employment-expos**UNITED STATES****CoGenerate (formerly Encore)**

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

cogenerate.org**National Association for Hispanic Elderly National Office 626-564-1988**

Asociación Nacional Pro Personas Mayores

234 East Colorado Boulevard, Pasadena, CA 91101

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

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

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

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

www.ncoa.org/older-adults/money/work-retirement**National Experienced Workforce Solutions 703-558-4200**

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

www.newsolutions.org**U.S. Department of Labor Career One-Stop 877-872-5627**www.careeronestop.org**U.S. Department of Veterans Affairs 800-698-2411**

810 Vermont Avenue NW, Washington, DC 20420

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 **800-869-2136**

www.capitalcaring.org

CaringMatters **301-869-4673**

518 South Frederick Avenue, Gaithersburg, MD 20877

www.CaringMatters.org

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

www.hchomecarehospice.org

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

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

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

6123 Montrose Road, Rockville, MD 20852

www.jssa.org/services/hospice

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

110 Irving Street NW, Washington, DC 20010

Palliative care

www.medstarhealth.org/services/palliative-care

Hospice care

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

www.montgomeryhospice.org

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

www.phri.com

Sibley Memorial Hospital Palliative Care 5255 Loughboro Road NW, Washington, DC 20016 www.hopkinsmedicine.org/sibley-memorial-hospital/services/palliative-care	202-537-4000
Suburban Hospital 8600 Old Georgetown Road, Bethesda, MD 20814 www.hopkinsmedicine.org/suburban_hospital/medical_services/palliative-care	301-896-3139
Veterans Affairs Medical Center Geriatrics and Extended Care Program 50 Irving Street NW, Washington, DC 20422 Palliative Care www.va.gov/geriatrics/pages/Palliative_Care.asp Hospice Care www.va.gov/geriatrics/pages/Hospice_Care.asp	202-745-8240
VITAS Healthcare www.vitas.com	833-619-1118

END OF LIFE CARE ORGANIZATIONS

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

Compassion & Choices 8156 S Wadsworth Blvd #E-162, Littleton, CO 80128 www.compassionandchoices.org	800-247-7421
Death with Dignity P.O. Box 2009, Portland, Oregon 97208 www.deathwithdignity.org	503-228-4415
Hospice and Palliative Care Network of Maryland www.hnmd.org	
Hospice Foundation of America (HFA) 1707 L Street NW, Suite 220, Washington, DC 20036 www.hospicefoundation.org	202-457-5811
National Alliance for Care at Home 1731 King Street, Suite 100, Alexandria, VA 22314 www.allianceforcareathome.org	703-837-1500
Leading Age Virginia 4201 Dominion Blvd, Suite 100, Glen Allen, VA 23060 leadingagevirginia.org	804-965-5500

FUNERAL PLANNING AND SERVICES

Joseph Gawler's Sons, LLC

240-966-6400

5130 Wisconsin Ave NW, Washington, DC 20016

Providing funeral services to Washington families since 1850.

Stewards of legacy, ceremony, and remembrance.

www.dignitymemorial.com/funeral-homes/district-of-columbia/washington/joseph-gawlers-sons-llc/2216



CPAs & ADVISORS

At GRF, giving back matters. We're honored to support Iona Senior Services and their commitment to enriching the lives of older adults.

4550 Montgomery Ave
Suite 800 North
Bethesda, MD 20814

grfcpa.com



FINANCIAL SERVICES AND TAX PREPARATION

AARP Foundation Tax-Aide Program

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

www.aarp.org/money/taxes/aarp_taxaide

Arlington County Public Library Tax Preparation Assistance

Central Library

703-228-5990

1015 North Quincy Street

Columbia Pike Library

703-228-5710

816 South Walter Reed Drive

[www.library.arlingtonva.us/explore/financial-planning/
free-tax-preparation-help](http://www.library.arlingtonva.us/explore/financial-planning/free-tax-preparation-help)

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

[www.catholiccharitiesdc.org/program/
volunteer-income-tax-assistance-vita/](http://www.catholiccharitiesdc.org/program/volunteer-income-tax-assistance-vita/)

City of Alexandria Tax Preparation Assistance

202-830-1480

2525 Mount Vernon Avenue, Alexandria, VA 22301

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

www.alexandriava.gov/TaxRelief

Community Tax Aid

202-547-7773

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

www.communitytaxaiddc.org

DC Earned Income Tax Credit Campaign (EITC)

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

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

Everyday Money Management

301-801-2294

www.everydaymoneymanagement.com

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

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

www.fairfaxcounty.gov/taxes

FINANCIAL SERVICES AND TAX PREPARATION

Internal Revenue Service (IRS) **800-829-1040**

Taxpayer Advocate Service Office **877-777-4778**

Taxpayer Assistance Centers (TAC) **844-545-5640**

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

www.irs.gov/help/contact-your-local-irs-office

Maryland Cash Campaign **410-528-8006**

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

www.cashmd.org

Maryland Comptroller **800-MD-TAXES**

www.marylandtaxes.gov

Military One Source **800-342-9647**

www.militaryonesource.mil/financial-legal/tax-resource-center/

miltax-military-tax-services

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

www.montgomerycountymd.gov/finance

***Marshfield Associates is proud to support
Iona Senior Services and its vital aging and
caregiving services in the community.***



**Marshfield
Associates[®]**

Marshfield Associates is a concentrated, long-only value investment adviser established in 1989. Located in Washington DC's Dupont Circle area, the firm offers managed accounts and a mutual fund, serving both institutional and private investors.

Marshfieldinc.com | 202.828.6200

Prince George's County Office of Finance **301-952-5025**
1301 McCormick Drive, Suite 1100, Largo, MD 20774
www.princegeorgescountymd.gov/departments-offices/finance-0

Virginia Department of Taxation **804-367-8031**
P.O. Box 1115, Richmond, VA 23218-1115
tax.virginia.gov

Virginia Insurance Counseling & Assistance Program (VICAP)
1610 Forest Avenue, Suite 100, Henrico, VA 23229
vda.virginia.gov/vicap.htm

**Volunteer Income Tax Assistance (VITA)
and Tax Counseling for the Elderly (TCE)** **800-906-9887**
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 Education, Assessment, and Counseling
Around Town DC Community Lunch and Programming Sites
Supportive Amenities at Community Dining Sites

Nutrition Counseling

Iona's licensed dietitians and nutritionists provide professional clinical nutrition services and medical nutrition therapy through telephone, dining site, and home visits. They assess each individual's nutrition status and food security needs and deliver personalized interventions designed to improve health outcomes and overall quality of life.

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 administers a nutrition supplement program that provides monthly deliveries of high-calorie, high-protein drinks to older adults who need additional nutritional support.

Instacart Emergency Food Delivery Program

Iona's Instacart Emergency Food Delivery Program supports clients experiencing immediate food insecurity. The program provides personalized grocery deliveries—including fresh fruits and vegetables, meats, bread, eggs, milk, and essential household items—delivered directly to clients' homes, often within the same or next day.

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

202-724-5626, TTY: 711

dacl.dc.gov

HOME DELIVERED MEALS

Nutritious home-delivered meals are available to qualified seniors through various organizations in Washington, DC 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.dc.gov

Food & Friends

202-269-2277

219 Riggs Road NE, Washington, DC 20011

www.foodandfriends.org

Meals on Wheels America

888-998-6325

1550 Crystal Drive, Suite 1004, Arlington, VA 22202

www.mealsonwheelsamerica.org

Mom's Meals

877-508-6667

3210 SE Corporate Woods Drive, Ankeny, IA 50021

www.momsmeals.com

Savor Health

888-721-1041

www.savorhealth.com

MARYLAND

Bethesda/Chevy Chase Meals on Wheels

301-654-4610

8814 Kensington Parkway, Chevy Chase, MD 20815

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

www.colesville-meals-on-wheels.org

Gaithersburg Meals on Wheels

301-371-2770

80-A Bureau Drive, Gaithersburg, MD 20878

www.gaithersburgmealsonwheels.org

JSSA (Jewish Social Service Agency)

240-800-JSSA

Kosher Meals on Wheels

6123 Montrose Road, Rockville, MD 20852

www.jssa.org/services/aging-in-place/meal-delivery

Meals on Wheels of College Park

301-927-2700

PO Box 797, College Park, MD 20740

www.mealsonwheelsofcollegepark.org

FOOD AND NUTRITION PROGRAMS AND SERVICES

Meals on Wheels of Takoma Park/Silver Spring **301-434-1922**

7410 New Hampshire Avenue, Takoma Park, MD 20912

www.mowtakoma.org

Meals on Wheels of Wheaton **301-942-1111**

10101 Connecticut Avenue, Kensington, MD 20895

www.mowwheaton.org

Montgomery County Senior Nutrition Program **240-777-3810**

Available at various locations

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

www.rockvillemealsonwheels.org

VIRGINIA

Fairfax Area Home Delivered Meals Program **703-324-7948**

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

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

www.mealsonwheelsarlington.com

Senior Services of Alexandria (SSA) **703-836-4414**

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

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, but 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 encouraged.

Iona Senior Services Around Town DC **202-895-9448**

www.aroundtowndc.org

Iona's Community Dining Sites in Wards 2, 3, & 4 202-895-9448
www.iona.org/programs/dining-sites/

DC Department of Aging and Community Living (DACL) 202-724-5626, TTY: 711
dacl.dc.gov

MARYLAND

Prince George's County Senior Nutrition Program 301-265-8475
Program available at various locations
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
www.foodandfriends.org

Southeast Center 202-265-2400
1700 Marion Barry Ave SE, Washington, DC 20020
www.breadforthecity.org/?s=food+pantry&submit=Search

MARYLAND

Rockville Senior Services 240-314-8800
1150 Carnation Drive, Rockville, MD 20850
www.rockvillemd.gov/seniorcenter

VIRGINIA

Groceries to Go Program 703-836-4414 ext. 112
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

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

www.capitalareafoodbank.org

Catholic Charities of Washington

SHARE Food Network

800 21-SHARE, 301-864-3115

3222 Hubbard Road, Landover, MD 20785

www.catholiccharitiesdc.org/share

Produce Prescription Program

202-601-9200

www.dcgreens.org/produce-rx

Salvation Army National Capital

202-756-2600

2300 Martin Luther King Jr. Ave SE, Suite 500, Washington, DC 20020

salvationarmynca.org/nca/gethelp

Spanish Catholic Centers

1618 Monroe St NW, Washington, DC 20010

202-939-2400

201 E Diamond Avenue, 3rd Floor, Gaithersburg MD 20877

301-740-2523

www.catholiccharitiesdc.org/about-us/our-locations/

spanish-catholic-center/

Vida Senior Centers

202-483-5800

1842 Calvert Street NW Washington, DC 20009

www.vidaseniorcenter.org

MARYLAND

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

501 Sligo Avenue, Silver Spring, MD 20910

www.acsgw.org

Bethesda Help **301-365-2022**

PO Box 34094, Bethesda, MD 20827-0094

www.bethesdahelp.org

Bowie Interfaith Pantry and Emergency Aid Fund **301-262-6765**

2614 Kenhill Drive, Suite 134, Bowie, MD 20715

www.bowiefoodpantry.org

Catholic Charities Center **301-942-1790**

12247 Georgia Avenue, Silver Spring, MD 20902

www.catholiccharitiesdc.org/program/catholic-charities-center/

Catholic Charities of Washington SHARE Food Network **800 21-SHARE, 301-864-3115**

3222 Hubbard Road, Landover, MD 20785

www.catholiccharitiesdc.org/share

Community Outreach and Development **301-735-0121**

4719 Marlboro Pike, Capitol Heights, MD 20743

www.communityoutreachcdc.org

Damascus Help **301-253-4100**

PO Box 126, Damascus, MD 20872

www.damascushelp.org

Fort Washington Food Pantry **240-257-2762**

St. John's Episcopal Church

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

www.fortwashingtonfoodpantry.net

Gaithersburg Help **301-216-2510**

301 Muddy Branch Road, Gaithersburg, MD 20878

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

www.mannafood.org

Prince George's County Department of Food Assistance Program **301-909-6343**

805 Brightseat Road, Landover, MD 20785

www.princegeorgescountymd.gov/1679/Food-Assistance

FOOD AND NUTRITION PROGRAMS AND SERVICES

United Communities Against Poverty 301-322-5700
1400 Doewood Lane, Capitol Heights, MD, 20743
www.ucappgc.org

VIRGINIA

Arlington Food Assistance Center 703-845-8486
2708 South Nelson Street, Arlington, VA 22206
www.afac.org

Catholic Charities of the Diocese of Arlington 703-841-3830
200 North Glebe Road, Suite 250, Arlington, VA 22203

Loudoun Regional Food Pantry (Sterling)
113 Executive Drive, Suite 110, Sterling, VA 20166

Catholic Charities Alexandria Food Pantry
4725A Eisenhower Ave, Alexandria, VA 22304
www.cdda.net/about-us/our-programs

FEDERAL SUPPLEMENTAL FOOD PROGRAMS

Commodity Supplemental Food Program
fns.usda.gov/csfp/commodity-supplemental-food-program

Grocery Plus 202-644-9880
www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/commodity-supplemental-food-program

Senior Farmer's Market Nutrition Program 804-662-9319
Virginia Department of Aging and Rehabilitative Services
1610 Forest Ave, Suite 100, Richmond, VA 23229
fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program
vda.virginia.gov/sfmnp.htm

Supplemental Nutrition Assistance Program (SNAP)

District of Columbia 202-727-5355

Maryland 800-332-6347

Virginia 800-552-3431

Maryland State EBT 800-997-2222

Virginia State EBT 866-281-2448

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

GOVERNMENT AGENCIES

Eldercare Locator 800-677-1116
eldercare.acl.gov/home

DISTRICT OF COLUMBIA

211 Answers Please 202-463-6211
answersplease.dc.gov

311 Citywide Call Center 311 (in DC), 202-737-4404 (outside DC)
ouc.dc.gov/page/311-about

Adult Protective Services (APS) 202-541-3950
500 K Street NE, Washington, DC 20002
dacl.dc.gov/service/adult-protective-services-0

Advisory Neighborhood Commissions (ANCs) 202-727-9945
anc.dc.gov

DC Department of Aging and Community Living (DACL) 202-724-5626
500 K Street NE, Washington, DC 20002
dacl.dc.gov

DC City Council 202-724-8000
1350 Pennsylvania Avenue NW, Washington, DC 20004
www.dccouncil.us

DC Earned Income Tax Credit Campaign (EITC)
disb.dc.gov/page/earned-income-tax-credit-campaign

Department on Disability Services 202-730-1700
250 E Street SW, Washington, DC 20024
dds.dc.gov/service/services-people-blindness-and-visual-impairments

DC Healthcare Alliance 202-442-5988
dhcf.dc.gov/service/health-care-alliance

Department of Human Services (DHS) 202-671-4200
64 New York Avenue NE, 6th floor, Washington, DC 20002
dhs.dc.gov

Department of Motor Vehicles 202-737-4404
dmv.dc.gov

Housing Authority 202-535-1000
1133 North Capitol Street NE, Washington, DC 20002
www.dchousing.org

GOVERNMENT AGENCIES

**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, 5, and 6.)

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

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

ddoe.dc.gov/liheap

Mayor of the District of Columbia 202-727-2643

1350 Pennsylvania Avenue NW, Washington, DC 20004

mayor.dc.gov

Multi-Door Dispute Resolutions Program 202-879-1549

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

www.dccourts.gov/superior-court/multi-door-dispute-resolution-division

Office of the People's Counsel 202-727-3071

65515th Street NW, Suite 200, Washington, DC 20005

opc-dc.gov

Office of the Tenant Advocate 202-719-6560

899 North Capitol Street NE, Suite 6200, Washington, DC 20002

ota.dc.gov

Public Service Commission 202-626-5100

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

www.dcpssc.org

MARYLAND (MONTGOMERY & PRINCE GEORGE'S COUNTIES)

Maryland Department of Human Services 800-332-6347

25 South Charles Street, Baltimore, MD 21201

dhs.maryland.gov

Maryland Division of Rehabilitative Services (DORS) 410 554-9442

2301 Argonne Drive, Baltimore, MD 21218

dors.maryland.gov/Pages/default.aspx

Motor Vehicles Administration 410-768-7000

6601 Ritchie Highway NE, Glen Burnie, MD 21062

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 (APS)**
Department of Health and Human Services 202-777-3000
401 Hungerford Drive, Rockville, MD 20850
www.montgomerycountymd.gov/hhs-program/ads/adsadultprotectsvcs-p176.html
- Montgomery County Aging & Disability Services Resource Unit**
Department of Health and Human Services 202-777-3000
401 Hungerford Drive, Rockville, MD 20850
www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSADSResourceUnit-p179.html
- Montgomery County Alternative Dispute Resolution (ADR)** 240-777-9400
50 Maryland Avenue, Rockville, MD 20850
www.montgomerycountymd.gov/cct/adr.html
- Montgomery County Council** 711 or 240-777-7900
100 Maryland Avenue, 6th Floor, Rockville, MD 20850
www.montgomerycountymd.gov/council
- Montgomery County Department of Health and Human Services** 311 (TTY) 301-251-4850
(Outside Montgomery) 240-777-0311
401 Hungerford Drive, 5th Floor, Rockville, MD 20850
www.montgomerycountymd.gov/hhs
- Montgomery County Executive** 240-777-0311
101 Monroe Street, 2nd Floor, Rockville, MD 20850
www.montgomerycountymd.gov/exec
- Montgomery County Housing Opportunities Commission** 240-627-9400
10400 Detrick Avenue, Kensington, MD 20895
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
www.montgomerycountymd.gov/HHS-Program/SNHS/SNHSUtilityA-p746.html
- Montgomery County Office of Emergency Management and Homeland Security** 311, 240-777-2300
100 Edison Park Drive, Suite 1S31, Gaithersburg, MD 20878
www.montgomerycountymd.gov/oemhs/
- Montgomery County Senior Services** 240-777-3000
401 Hungerford Drive, Rockville, MD 20850
www.montgomerycountymd.gov/hhs/programindex/seniorservicesindex.html

GOVERNMENT AGENCIES

Office of the People's Counsel (Maryland) **800-207-4055**
6 St. Paul Street, Suite 2102, Baltimore, MD 21202
opc.state.md.us

Public Service Commission (Maryland) **410-767-8000**
6 St. Paul Street, 16th Floor, Baltimore, MD 21202
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**
925 Brightseat Road, Landover, MD 20785
[www.princegeorgescountymd.gov/departments-offices/
social-services/services/child-adult-family-services/adult-services](http://www.princegeorgescountymd.gov/departments-offices/social-services/services/child-adult-family-services/adult-services)

**Prince George's County Alternate
Dispute Resolutions (ADR) Program** **301-952-3655**
princegeorgescourts.org/389/Alternative-Dispute-Resolution-ADR-Media

Prince George's County Council **301-952-3700**
Wayne K. Curry Administration Building, 1301 McCormick Dr, Largo, MD 20774
pgccouncil.us

Prince George's County Department of Social Services **301-909-7025**
805 Brightseat Road, Landover, MD 20785
[www.princegeorgescountymd.gov/departments-offices/
social-services](http://www.princegeorgescountymd.gov/departments-offices/social-services)

**Prince George's County Aging and Disabilities
Services Division Resource Center** **301-265-8450**
9187 Central Ave, Capitol Heights, MD 20743
www.princegeorgescountymd.gov/2147/Aging-in-Place

Prince George's County Energy Assistance Program **301-909-6300**
www.princegeorgescountymd.gov/1677/Energy-Assistance

Prince George's County Executive **301-952-4131**
1301 McCormick Drive, Suite 4000, Largo, MD, 20774
[www.princegeorgescountymd.gov/county-government/
county-executive](http://www.princegeorgescountymd.gov/county-government/county-executive)

Prince George's County Department of Health **301-883-7879**
9187 Central Avenue, Capitol Heights, MD 20743
www.princegeorgescountymd.gov/1588/Health-Services

Prince George's County Housing Authority	301-883-5501
9200 Basil Court, Suite 107, Largo, MD 20774 www.princegeorgescountymd.gov/departments-offices/housing-authority	
Prince George's County Office of Emergency Management	301-324-4400
7915 Anchor Street, Landover, MD 20785 www.princegeorgescountymd.gov/departments-offices/homeland-security/emergency-management	
Office of the People's Counsel (Maryland)	800-207-4055
6 St. Paul Street, Suite 2102, Baltimore, MD 21202 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 dmv.virginia.gov	
Virginia CommonHelp	855-635-4370
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, Arlington, VA 22204 www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Programs/APS	
Arlington County Aging and Disability Services	703-228-1700
2100 Washington Boulevard, Arlington, VA 22204 www.arlingtonva.us/Government/Departments/DHS/Aging-Disability	
Arlington County Board	703-228-3130
2100 Clarendon Boulevard, Suite 300, Arlington, VA 22201 www.arlingtonva.us/Government/County-Board	
Arlington County Department of Environment Services	703-228-5000
2100 Clarendon Boulevard, Suite 900, Arlington, VA 22201 www.arlingtonva.us/Government/Departments/DES	

GOVERNMENT AGENCIES

Arlington County Department of Human Services	703-228-1300
2100 Washington Boulevard, Arlington, VA 22204 www.arlingtonva.us/Government/Departments/DHS	
Arlington County Heating-Cooling Assistance	703-228-1350
2100 Washington Boulevard, Arlington, VA 22204 www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Heating-Cooling-Assistance	
Arlington County Housing Division	703-228-3765
2100 Clarendon Boulevard, Arlington, VA 22201 www.arlingtonva.us/Government/Programs/Housing	
Arlington County Manager	703-228-3120
2100 Clarendon Boulevard, Suite 318, Arlington, VA 22201 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 www.arlingtonva.us/Government/Departments/OEM	

CITY OF ALEXANDRIA

Alexandria Information	703-746-4311
www.alexandriava.gov	
Alexandria City Council	703-746-4500
301 King Street, Alexandria, VA 22314 www.alexandriava.gov/Council	
City of Alexandria Adult Protective Services	703-746-5778
4850 Mark Center Drive, Alexandria, VA 22311 www.alexandriava.gov/older-adult-services/program/adult-protective-services	
City of Alexandria Center for Aging and Adult Services	703-746-5999
4850 Mark Center Dr, Alexandria, VA 22311 www.alexandriava.gov/aging	
City of Alexandria Department of Community and Human Services (DCHS)	703-746-5700
4850 Mark Center Dr, Alexandria, VA 22311 www.alexandriava.gov/DCHS	

City of Alexandria Department of Transportation and Environmental Services – Division of Environmental Quality (OEQ) 703-746-4065

2900 Business Center Drive, Alexandria, VA 22314

www.alexandriava.gov/OEQ#Overview

City of Alexandria Financial Assistance Programs

4850 Mark Center Dr, Alexandria, VA 22311

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.

www.alexandriava.gov/Housing

City of Alexandria Office of Human Rights

Dispute Resolutions Program

703-746-3140

www.alexandriava.gov/human-rights/

[human-rights-investigative-process](http://www.alexandriava.gov/human-rights-investigative-process)

City of Alexandria Redevelopment & Housing Authority 703-549-7115

401 Wythe Street, Alexandria, VA. 22314

www.arha.us

City of Alexandria Utility, Heating & Cooling Assistance 703-746-5700

4850 Mark Center Dr, Alexandria, VA 22311

www.alexandriava.gov/economic-support/program/

[utility-heating-and-cooling-assistance](http://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)

703-324-7948

State hotline (after hours)

888-832-3858

12011 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/familyservices/older-adults/adult-protective-services

Fairfax County Agency on Aging

703-324-7948

12011 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/familyservices/older-adults

Fairfax County Board of Supervisors

703-324-3151

12000 Government Center Parkway, Suite 530,

Fairfax, VA 22035

www.fairfaxcounty.gov/boardofsupervisors

Fairfax County Consumer Affairs Branch

703-222-8435

12000 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/cableconsumer/csd/consumer

GOVERNMENT AGENCIES

**Fairfax County Department of Cable
and Consumer Services** **703-222-8435**

12000 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/cableconsumer/csd

**Fairfax County Department of Housing
and Community Development** **703-246-5000**

3700 Pender Drive, Fairfax, VA 22030

www.fairfaxcounty.gov/housing/

**Fairfax County Department of Public Works
and Environmental Services** **703-324-5033**

12000 Government Center Parkway, Suite 448, Fairfax, VA 22035

www.fairfaxcounty.gov/dpwes

Fairfax County Executive **703-324-2531**

12000 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/cex

Fairfax County Crisis Assistance Program **703-324-7500**

12011 Government Center Parkway, Pennino Building, Fairfax, VA 22035

[www.fairfaxcounty.gov/familyservices/community-corner/
no-heat-get-help-with-the-crisis-assistance-program](http://www.fairfaxcounty.gov/familyservices/community-corner/no-heat-get-help-with-the-crisis-assistance-program)

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

4890 Alliance Drive, Fairfax, VA 22030

www.fairfaxcounty.gov/oem

**Fairfax County Public Assistance and
Employment Programs** **703-324-7500**

[www.fairfaxcounty.gov/familyservices/
public-assistance-employment-services](http://www.fairfaxcounty.gov/familyservices/public-assistance-employment-services)

Fairfax County Services for Older Adults **703-324-7948**

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

www.fairfaxcounty.gov/familyservices/older-adults

U.S. GOVERNMENT

Centers for Medicare & Medicaid Services (CMS) 800-633-4227

7500 Security Boulevard, Baltimore, MD 21244

www.medicare.gov

TRICARE (Nurse Advice Line) 877-874-2273

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

www.tricare.mil

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

810 Vermont Ave., NW, Washington, DC 20420

www.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

www.ssa.gov

HEALTH INFORMATION

ALZHEIMER'S DISEASE

(See Alzheimer's Disease and Dementia Care on page 27)

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

ALS Association

www.als.org

ARTHRITIS

Arthritis Foundation

800-283-7800

www.arthritis.org

**National Institute of Arthritis and
Musculoskeletal and Skin Diseases (NIAMS)**

301-495-4484

Information Clearinghouse, 1 AMS Circle, Bethesda, MD 20892

niams.nih.gov

BLOOD

National Heart, Lung, and Blood Institute

877-645-2448

Building 31, 31 Center Drive, Bethesda, MD 20892

nhlbi.nih.gov

CANCER

American Cancer Society (ACS)

800-227-2345

www.cancer.org

Aquilino Cancer Center, Adventist HealthCare

240-826-6297

9905 Medical Center Drive, Rockville, MD 20850

[www.adventistcancercenters.com/acc/locations/profile/
shady-grove-adventist-aquilino-cancer-center/](http://www.adventistcancercenters.com/acc/locations/profile/shady-grove-adventist-aquilino-cancer-center/)

Georgetown Lombardi Comprehensive Cancer Center

202-444-2223

3800 Reservoir Road NW, Washington, DC 20007

lombardi.georgetown.edu

Inova Schar Cancer Institute, Fairfax

571-472-4724

8081 Innovation Park Dr, Fairfax, VA 22031

www.inova.org/our-services/inova-schar-cancer-institute

National Cancer Institute (NCI)

800-422-6237

www.cancer.gov



About Magnolia

More than 30 years ago, Eisai Inc. defined its primary mission as giving first thought to patients and their families and increasing the benefits that health care provides. We call this *human health care (hhc)*.

This commitment to *hhc* is the foundation for our Magnolia programs, initiatives focused on providing patients and their families with support and meeting their evolving needs. The programs offer patient resources beyond treatment, supporting those impacted by Alzheimer's disease and related dementias, cancer and epilepsy.



To find out more about the
Magnolia programs, visit:
www.EisaiMagnoliaPrograms.com



hhc
human health care

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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

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

www.cdc.gov/injury/index.html

COVID-19

U.S. Department of Health and Human Services

www.cdc.gov/covid/

DENTAL CARE

Dental Lifeline Network 303-534-5360

1800 15th Street, Suite 100, Denver, CO 80202-7134

www.dentallifeline.org

District of Columbia Dental Society 202-367-1163

2001 K Street NW, 3rd Floor North, Washington, DC 20006

www.dcdental.org

Howard University College of Dentistry Dental Clinic 202-806-6100

2041 Georgia Avenue, Washington, DC 20060

dentistry.howard.edu/patient-care

Neighborhood Health Dental Services 703-535-5568

6677 Richmond Highway, Alexandria, VA 22306

www.neighborhoodhealthva.org

Northern Virginia Dental Clinic 703-820-7170

8221 Willow Oaks Corporate Drive #450, Fairfax, VA 22031

www.novadentalclinic.org

DIABETES

American Diabetes Association (ADA) 800-342-2383

www.diabetes.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) 800-860-8747

9000 Rockville Pike, Bethesda, MD 20892

niddk.nih.gov

FLU

U.S. Department of Health and Human Services Flu Page

www.cdc.gov/flu/index.html

HEARING AND SPEECH RESOURCES

(See Hearing and Speech Resources on page 82)

HEART

**American Heart Association,
Greater Washington Region**

703-248-1700

4601 North Fairfax Drive, Suite 700, Arlington, VA22203

www.heart.org/en/affiliates/washington-dc

National Heart, Lung, and Blood Institute

877-645-2448

Building 31, 31 Center Drive, Bethesda, MD 20892

nhlbi.nih.gov

HIV/AIDS & SEXUALLY TRANSMITTED INFECTIONS (STIS)

Centers for Disease Control and Prevention

800-232-4636

1600 Clifton Road, Atlanta, GA 30329

www.cdc.gov/sti

Whitman-Walker Health

202-745-7000

Whitman-Walker at 1525

1525 14th Street NW, Washington, DC 20005

Max Robinson Center

1201 Sycamore Dr SE, Washington, DC 20032

Whitman-Walker at LIZ

1377 R Street NW, Washington, DC 20009

www.whitman-walker.org

HUNTINGTON'S DISEASE

St. Jude's Project, Catholic Charities

Archdiocese of Washington, DC

202-772-4300

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
niddk.nih.gov

National Kidney Foundation (NKF) of the National Capital Area **202-244-7900**
1600 Tysons Boulevard, Suite 330, McLean, VA 22102
www.kidneywdc.org

LIVER

American Liver Foundation **800-465-4837**
www.liverfoundation.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) **800-860-8747**
9000 Rockville Pike, Bethesda, MD 20892
niddk.nih.gov

LUNG

American Lung Association **800-586-4872**
www.lung.org

National Heart, Lung, and Blood Institute **877-645-2448**
Building 31, 31 Center Drive, Bethesda, MD 20892
nhlbi.nih.gov

MENTAL HEALTH AND COUNSELING RESOURCES

(See Mental Health and Counseling Resources on page 108)

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
www.nationalmssociety.org/Chapters/MDM

St. Jude's Project, Catholic Charities Archdiocese of Washington, DC **202-772-4300**
www.catholiccharitiesdc.org/st-judes-project

OSTEOPOROSIS

Bone Health and Osteoporosis Foundation 800-231-4222
 251 18th Street S, Suite 630, Arlington, VA 22202
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
niams.nih.gov

OSTOMY

National Library of Medicine – Ostomy
 8600 Rockville Pike, Bethesda, MD 20894
www.medlineplus.gov/ostomy.html

United Ostomy Associations of America (UOAA) 800-826-0826
 P.O. Box 2293, Biddeford, ME 04005-2293
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
www.parkinsonfoundation.org

**St. Jude's Project, Catholic Charities
 Archdiocese of Washington, DC** 202-772-4300
www.catholiccharitiesdc.org/st-judes-project

STROKE

Montgomery County Stroke Association, Inc. 301-681-6272
 PO Box 9343, Silver Spring, MD 20916-9343
www.mcstroke.org

National Stroke Association 800-242-8721
 7272 Greenville Ave., Dallas, TX 75231
www.stroke.org

SUBSTANCE ABUSE

Al-Anon Family Groups

888-425-2666

1600 Corporate Landing Parkway, Virginia Beach, VA 23454

www.al-anon.org

Alcoholics Anonymous

www.aa.org

Narcotics Anonymous (NA) of the Chesapeake & Potomac Region

800-543-4670

www.cprna.org

National Institute on Drug Abuse (NIDA)

301-443-6441

www.drugabuse.gov

SAMHSA Treatment Locator

800-662-HELP(4357)

Substance Abuse and Mental Health Services Administration

www.samhsa.gov/find-help/national-helpline

UROLOGY AND CONTINENCE

National Association for Continence

1-800-252-3337

www.nafc.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

800-860-8747

9000 Rockville Pike, Bethesda, MD 20892

niddk.nih.gov

VISION

(See Vision Resources on page 140)

HEALTH INSURANCE AND COUNSELING

(See Also Government Agencies)

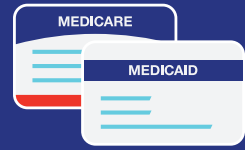
DISTRICT OF COLUMBIA

DC Health Insurance Counseling Project (HICP) dacl.dc.gov/service/health-insurance-counseling	202-727-8370
DC Health Link www.dchealthlink.com	855-532-5465
DC Medicaid Department of Healthcare Finance dhcf.dc.gov/service/medicaid	202-727-5355
George Washington University Law School Health Rights Law Clinic 2136 Pennsylvania Ave NW, Washington, DC 20052 www.lawhelp.org/dc/organization/george-washington-university-law-school-health	202-739-0668

MARYLAND

Maryland Health Benefit Exchange (MHBE) www.marylandhbe.com	
Medicare Resource Center www.medicareresources.org	844-309-3504
Montgomery County Medicaid www.montgomerycountymd.gov/hhs-program/program.aspx?id=cyf/cyfmapgm-p424.html	311 or 240-777-0311
Montgomery County State Health Insurance Assistance Program www.medicareabcd.org	301-255-4250
National Council on Aging's Federal Government Benefits Checkup Website www.benefitscheckup.org	800-794-6559
Prince George's County Health Department 9187 Central Avenue, Capitol Heights, MD, 20743 www.princegeorgescountymd.gov/departments-offices/health	301-883-7879
Prince George's County Senior Health Insurance Program www.princegeorgescountymd.gov/departments-offices/state-health-insurance-assistance-program-ship	301-265-8401

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UnitedHealthcare

1-844-811-6327, TTY 711

uhc.com

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VIRGINIA

**Virginia Division for the Aging Insurance
Counseling & Assistance Program (VICAP)** 804-662-9333

Virginia Department for Aging and Rehabilitative Services (DAR)

1610 Forest Avenue, Suite 100, Henrico, VA 23229

vda.virginia.gov/vicap.htm

Virginia's Insurance Marketplace 888-687-1501

marketplace.virginia.gov

U.S. GOVERNMENT

HealthCare.gov 800-318-2596

Medicare.gov 800-633-4227

TRICARE (Nurse Advice Line) 877-874-2273

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

www.tricare.mil

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

810 Vermont Ave., NW, Washington, DC 20420

www.va.gov

HEARING AND SPEECH RESOURCES

- Alexander Graham Bell Association
for the Deaf & Hearing Impaired** 202-337-5220
3417 Volta Place NW, Washington, DC 20007
www.agbell.org
- American Association of the Deaf-Blind**
PO Box 12222, Silver Spring, MD 20908
www.aadb.org
- American Speech-Language Hearing Association (ASHA)** 800-638-8255
2200 Research Boulevard, Rockville, MD 20852
www.asha.org
- Association of Late-Deafened Adults (ALDA)** 815-200-9339, TTY: 711
8038 Macintosh Lane, Suite 2, Rockford, IL 61107
www.alda.org
- BetterHearing** 202-975-0905
1301 K Street NW, Suite 300W, Washington, DC 20005
www.betterhearing.org
- Center for Hearing and Communication** 917-305-7700 (Voice)
50 Broadway, 6th Floor, New York, NY 10004
TTY: 917-305-7999
www.chchearing.org
- DC Public Library Center for Accessibility** 202-727-2142
901 G Street NW, 2nd Floor, Room 205, Washington, DC 20001
www.dclibrary.org/services/accessibility
- DC Telecommunications Relay Service** TTY: 800-643-3768,
www.fcc.gov/encyclopedia/district-columbia-trs Voice: 800-643-3769
- Deaf-REACH** 202-832-6681 (voice/TTY)
3722 12th Street NE, Washington, DC 20017
www.deaf-reach.org
- Described and Captioned Media Program** 864-585-1778
1447 East Main Street, Spartanburg, SC 29307
800 237-6213 (Voice)
www.dcmp.org TTY: 800-237-6819
- George Washington University Speech & Hearing Center** 202-994-7360
2115 G Street NW, Suite B01, Washington, DC 20052
speechhearing.columbian.gwu.edu/gw-speech-hearing-center
- Hearing Loss Association of America** 301-657-2248
6116 Executive Blvd, Suite 320, Rockville, MD 20852
www.hearingloss.org

Howard University Speech & Hearing Clinic 202-806-6991
300 Bryant Street NW, Rm 110, Washington, DC 20001
communications.howard.edu/Programs-and-centers/speech-and-hearing-clinic

Maryland Telecommunications Relay Service 443-453-5970(VP)
300-301 West Preston Street TTY: 711, 800-552-7724 (Voice/TTY)
Baltimore, MD 21201
mdod.maryland.gov/tam

**MedStar Washington Hospital Center
Hearing and Speech Center** 202-877-6717
110 Irving Street NW, Suite GA-102, Washington, DC 20010
www.medstarhealth.org/locations/hearing-and-speech-center-at-medstar-washington-hospital-center

National Association of the Deaf (NAD) 301-587-1788 (Purple/ZVRS)
8630 Fenton Street, Suite 202 301-328-1443 (Sorenson)
Silver Spring, MD 20910 301-338-6380 (Convo)
www.nad.org TTY: 301-810-3182

National Hispanic Latino Association of the Deaf
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
nidcd.nih.gov

**Northern Virginia Resource Center for
Deaf & Hard of Hearing Persons** 703-352-9055 (Voice)
571-350-8656 (VP)
10467 White Granite Drive, Suite 312 TTY: 703-352-9056
Oakton, VA 22124
www.nvrc.org

U.S. Telecommunications Relay Service (TRS) 711
45 L Street NE, Washington, DC 20554
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)
1602 Rolling Hills Drive, Suite 203 804-325-1290 (VP)
Henrico, VA 23229
www.vddhh.org

Virginia Relay Center TTY: 711, 800-552-7917 (Voice/TTY)
1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229
www.varelay.org

Washington Ear 301-681-6636
12061 Tech Road, Silver Spring, MD 20904
www.washear.org

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www.georgetownhomecare.com

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 **866-990-6693**

8401 Connecticut Ave, Suite 1030, Chevy Chase, MD 20815

www.capitalcitynurses.com

Georgetown Home Care

Washington DC **202-831-4536**

Maryland **301-945-8753**

Virginia **571-451-2082**

www.georgetownhomecare.com

Home Care Partners **202-638-2382**

1234 Massachusetts Avenue NW, #C-1002, Washington, DC 20005

www.homecarepartners.org

Jewish Council on Aging Senior Helpline **240-290-3311**

12320 Parklawn Drive, Rockville, MD 20852

703-652-1515

accessjca.org/senior-helpline/

Potomac Home Health Care and Home Support **301-896-6990**

6700 A Rockledge Drive, Suite 200, Bethesda, MD 20817

www.hopkinsmedicine.org/suburban-hospital/services/senior-services/potomac-home-health-care

Jewish Social Service Agency - Homecare Services **240-800-JSSA**

Available in Montgomery County

www.jssa.org/services/homecare/

Seniors Helping Seniors **301-895-0205**

4800 Hampden Lane, Suite 200, Bethesda, MD 20814

locations.seniorshelpingseniors.com/md/bethesda/146.html

SmithLife Homecare

Rockville **301-381-0150**

1801 East Jefferson St, Rockville, MD 20852

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www.dcorganizers.org

Seabury Resources Age-in-Place Program 202-635-9384
www.seaburyresources.org/ageinplace

Your Life Simplified, LLC 301-442-5543
Silver Spring, MD
www.ylsimplified.com

HOME REPAIR AND CLEANING SERVICES

City of Alexandria Office of Housing 703-746-4990
421 King Street, Suite 215, Alexandria, VA 22314
www.alexandriava.gov/Housing

Cleaning for a Reason 877-337-3348
www.cleaningforareason.org

DC Department of Housing and Community Development – Single Family Residential Rehabilitation Program (SFRRP) 202-442-7200
1909 Martin Luther King Jr. Ave SE, Washington, DC 20020
www.dhcd.dc.gov/SFRRP

Fairfax County Home Repair for the Elderly Program 703-246-5179
www.fairfaxcounty.gov/housing/home-repair-elderly-program

Habitat for Humanity of Washington, DC and Northern Virginia 703-521-9890
4245 Fairfax Dr, Suite #650, Arlington, VA 22203
www.habitatdcnova.org

Habitat for Humanity Metro Maryland 301-990-0014
8380 Colesville Road, Suite 600, Silver Spring, MD 20910
www.habitatmm.org

Rebuilding Together 202-518-3100
999 N Capitol Street NE, Suite 330, Washington, DC 20002
www.rebuildingtogether.org

Seabury Resources Age-in-Place Program 202-635-9384
www.seaburyresources.org/ageinplace

HOME SAFETY AND UNIVERSAL DESIGN MODIFICATIONS

Adaptive Home Living, LLC 646-239-8172
www.adaptivehomeliving.com

City of Alexandria Office of Housing 703-746-4990
421 King Street, Suite 200, Alexandria, VA 22314
www.alexandriava.gov/Housing

DC Department of Housing and Community Development – Single Family Residential Rehabilitation Program (SFRRP) 202-442-7200
1909 Martin Luther King Jr. Ave SE, Washington, DC 20020
dhcd.dc.gov/SFRRP

DC Department of Aging and Community Living (DACL) Safe at Home 202-724-5626
500 K Street, NE, Washington, DC 20002
dacl.dc.gov/service/safe-home

Fairfax County Home Repair for the Elderly Program 703-246-5179
www.fairfaxcounty.gov/housing/home-repair-elderly-program

Gilday Renovations 301-565-4600
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www.gilday.com

Glickman Design Build 703-746-4990

Maryland 301-444-4663
Virginia 703-832-8150
Washington, DC 202-792-7320
www.GlickmanDesignBuild.com

Handicapped Accessibility Improvement Program (HAIP) 202-442-7200
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
www.innow.org

- Maryland Department of Disabilities** 800-832-4827
2301 Argonne Drive, Baltimore, MD 21218
www.mdtaf.org
- Maryland Dept. of Housing and Community Development Accessible Homes for Seniors Program** 301-429-7409
7800 Harkins Road, 3rd Floor, Lanham, MD 20706
dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Loans/Accessible-Homes-Seniors.aspx
- Montgomery County Department of Housing and Community Affairs** 240-777-0311
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
www.montgomerycountymd.gov/design/resource-center.html
- National Resource Center on Supportive Housing and Home Modification** 213-740-1364
- The Fall Prevention Center of Excellence, University of Southern California Leonard Davis School of Gerontology**
www.homemods.org
- Prince George's County and HIP Housing Rehabilitation Assistance Program** 240-388-9629
7800 Harkins Road, 3rd Floor, Lanham, MD 20706
hiphomes.org/housing-development/hrap/
- Rebuilding Together** 202-518-3100
999 N. Capitol Street NE, Suite 330, Washington, DC 20002
www.rebuildingtogether.org
- Veterans Administration – Home Improvements and Structural Alterations** 800-698-2411
prosthetics.va.gov/HISA2.asp
- Virginia Housing** 877-843-2123
601 South Belvidere Street, Richmond, VA 23220
www.virginiahousing.com/en/accessibility-grants

HOSPITALS

Adventist HealthCare Shady Grove Medical Center	240-826-6000
9901 Medical Center Drive, Rockville MD 20850	(TTY) 240-826-6405
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	
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 Germantown Hospital	301-557-6000
19801 Observation Drive, Germantown, MD 20876	
www.holycrosshealth.org	
Howard University Hospital	202-865-6100
2041 Georgia Avenue, Washington, DC 20060	
www.huhealthcare.com	
Inova Alexandria Hospital	703-504-3000
4320 Seminary Road, Alexandria, VA 22304	
www.inova.org/locations/inova-alexandria-hospital	
Inova Fairfax Medical Campus	703-776-4001
3300 Gallows Road, Falls Church, VA 22042	
www.inova.org/locations/inova-fairfax-medical-campus	
MedStar Georgetown University Medical Center	202-444-2000
3800 Reservoir Road NW, Washington, DC 20007	
www.medstarhealth.org/locations/medstar-georgetown-university-hospital	
MedStar Montgomery Medical Center	301-774-8882
18101 Prince Philip Drive, Olney, MD 20832	
www.medstarhealth.org/locations/medstar-montgomery-medical-center	
MedStar National Rehabilitation Hospital	202-877-1000
102 Irving Street NW, Washington, DC 20010	
www.medstarhealth.org/locations/medstar-national-rehabilitation-hospital	
MedStar Washington Hospital Center	202-877-7000
110 Irving Street NW, Washington, DC 20010	
www.medstarhealth.org/locations/medstar-washington-hospital-center	

Providence Health System Center for Geriatric Medicine 202-854-7785

1160 Varnum Street NE #317, Washington, DC 20017

healthcare.ascension.org/locations/district-of-columbia/dcwas/washington-providence-health-system-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

www.hopkinsmedicine.org/suburban_hospital**Veterans Affairs Medical Center 202-745-8000**

50 Irving Street NW, Washington, DC 20422

www.va.gov/washington-dc-health-care/locations/washington-va-medical-center/**Virginia Hospital Center 703-558-5000**

1701 N George Mason Drive, Arlington, VA 22205

www.vhchealth.org**Walter Reed National Military Medical Center 301-295-4000**

8901 Rockville Pike, Bethesda, MD 20889

walterreed.tricare.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 202-741-2870**

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www.gwdocs.com/house-call-program**MedStar House Call Program 202-877-0570**

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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.

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Arlington County Housing Division **703-228-3765**

2100 Clarendon Boulevard, Arlington, VA 22201

[www.arlingtonva.us/Government/Departments/
Community-Planning-Housing-Development/Housing-Division](http://www.arlingtonva.us/Government/Departments/Community-Planning-Housing-Development/Housing-Division)

DC Housing Authority **202-535-1000**

300 7th Street SW, Washington, DC 20024

www.dchousing.org

DC Office of the Tenant Advocate **202-719-6560**

899 North Capitol Street NE, Suite 6200, Washington, DC 20009

ota.dc.gov

**Fairfax County Department of Housing
and Community Development** **703-246-5000**

3700 Pender Drive, Fairfax, VA 22030

www.fairfaxcounty.gov/housing/

Fairfax County Consumer Affairs Branch **703-222-8435**

12000 Government Center Parkway, Fairfax, VA 22035

www.fairfaxcounty.gov/cableconsumer/csd/consumer

HopeOneSource **202-743-5342**

www.hope1source.org

**Housing Opportunities Commission
of Montgomery County** **240-627-9400**

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www.hocmc.org

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www.marjoriedickstuart.com

Montgomery County Senior Site **240-777-3000**

www.montgomerycountymd.gov/senior/housing.html

Positive Aging Sourcebook **800 394-9990, 703-966-6182**

www.retirementlivingsourcebook.com

Prince George's County Housing Authority **301-883-5501**

9200 Basil Court, Suite 107, Largo, MD 20774

www.princegeorgescountymd.gov/906/Housing-Authority

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3939 Benning Road NE

Southeast Office**202-889-2196**

2006 Martin Luther King Jr. Ave SE, 2nd Floor

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

www.agedwomanshome.org**Carroll Manor Nursing & Rehabilitation Center****202-335-7217**

725 Buchanan Street NE, Washington, DC 20017

www.ascensionliving.org/find-a-community/carroll-manor-washington-dc**Chevy Chase House****771-244-2207**

5420 Connecticut Avenue NW, Washington, DC 20015

www.chevychasehouse.com**Golden Rule Plaza****202-962-0055**

1050 New Jersey Ave NW, Washington, DC 20001

www.columbuspm.org/property/golden-rule-plaza**Grand Oaks Senior Living Residence****202-349-3400**

5901 MacArthur Boulevard NW, Washington, DC 20016

www.grandoaksdc.org**House of Lebanon****202-719-0441**

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www.columbuspm.org/property/house-of-lebanon



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4638 H Street SE, Washington, DC www.columbuspm.org/property/j-w-king-senior-center	
Jeanne Jugan Residence	202-269-1831
4200 Harewood Road NE, Washington, DC 20017 www.littlesistersofthepoorwashingtondc.org	
Knollwood Military Retirement Residence	202-541-0400
6200 Oregon Ave NW, Washington, DC 20015 www.armydistaff.org	
Lisner-Louise-Dickson-Hurt Home	202-966-6667
5425 Western Ave NW, Washington, DC 20015 www.smithlifecommunities.org/residences/landow-house/	
The Marigold at 11th Street	202-671-6553
2905 11th Street NW, Washington, DC 20001 www.miaseniorliving.com/marigold	
North Capitol at Plymouth	202-541-1222
5233 N Capitol Street, Washington, DC 20011 rhf.org/north-capitol-at-plymouth/	
Roadside	202-375-7979
3939 Wisconsin Ave NW, Suite 100, Washington, DC 20016 www.roadsidedevelopment.com	
Sarah's Circle	202-332-1400
2551 17th Street NW, Washington, DC 20009 www.sarahscircle.org	
Seabury at Friendship Terrace	202-244-7400
4201 Butterworth Place NW, Washington, DC 20016 www.friendshipterrace.org	
Seabury At Home First Residences	202-635-9384
Pleasant Hill House of Togetherness Andrus House www.seaburyresources.org/homefirst	
St. Mary's Court	202-223-5712
725 24th Street NW, Washington, DC 20037 www.stmaryscourt.org	

HOUSING OPTIONS

Stoddard Baptist Global Care, Inc. Washington Center for Aging Services 2601 18th Street NE, Washington, DC 20018 www.stoddardbaptistglobal.org	202-541-6200
Sunrise on Connecticut Avenue 5111 Connecticut Avenue NW, Washington, DC 20008 www.SunriseConnecticutAve.com	202-966-8020
The Residences at Thomas Circle 1330 Massachusetts Avenue NW, Washington, DC 20005 www.seniorlifestyle.com/property/district-of-columbia/the-residence-at-thomas-circle	202-628-3844
Victory Heights 1369 Irving Street NW, Washington, DC 20010 www.victoryhousing.org/victory-heights/	202-939-1431
Victory Square Senior Apartments 600 Barnes Street NE, Washington, DC 20019 www.victoryhousing.org/victory-square/	202-388-3288
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Arbor Place Dementia Care 301-618-0848
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www.arborpl.com

Asbury Communities 301-250-2100
 5285 Westview Drive, Suite 200, Frederick, MD 21703

Asbury Solomons 410-394-3000
 11100 Asbury Circle, Solomons, MD 20688

Asbury Methodist Village 301-216-4001
 201 Russell Ave, Gaithersburg, MD 20877

www.asbury.org

Bauer Park Apartments 301-460-4545
 14635 Bauer Drive, Rockville, MD 20853
www.hocmc.org/portfolio/bauer-park-apartments/

B'nai B'rith Homecrest House 301-244-3579
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www.homecresthouse.org

Brooke Grove Retirement Village 301-381-2434
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Forest Oak Towers 301-258-1041
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www.hocmc.org/portfolio/forest-oak-towers/

Friends House 301-924-5100
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www.friendshouse.com

Hampshire Village Senior Apartments 301-924-6565
 3210 Norbeck Road, Silver Spring, MD 20906
www.hampshirevillageapartments.com

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inglesideonline.org/ingleside-king-farm/

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www.smithlifecommunities.org/residences/revitz-house

Ring House

301-381-4152

A Charles E. Smith Life Community

1801 E Jefferson Street, Rockville, MD 20852

www.smithlifecommunities.org/residences/ring-house

Sterling Care Rockville Nursing

301-279-9000

303 Adclare Road, Rockville, MD 20850

sterlingcarehealth.com/sterling-care-rockville-nursing/

Autumn Lake Healthcare at Oak Manor

240-970-5600

3415 Greencastle Road, Burtonsville, MD 20866

autumnlakeoakmanor.com

Seabury at Springvale Terrace**301-587-0190**

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SENIOR LIVING



KENSINGTON PARK • (301) 946-7700 • www.KensingtonParkSeniorLiving.com

THE KENSINGTON BETHESDA • (240) 752-8600 • www.TheKensingtonBethesda.com

THE KENSINGTON FALLS CHURCH • (703) 992-9868 • www.TheKensingtonFallsChurch.com

THE KENSINGTON RESTON • (571) 494-8100 • www.KensingtonReston.com

INDEPENDENT LIVING • ASSISTED LIVING • THREE TIERS OF MEMORY CARE • COUPLES CARE • PARKINSON'S SUPPORT

HOUSING OPTIONS

Claridge House

703-521-9100

1500 South Fern Street, Arlington, VA 22202

www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units

Culpepper Garden

703-528-0162

4435 N Pershing Street, Arlington, VA 22201

www.culpeppergarden.org

Goodwin Living Alexandria

703-824-1395

4800 Fillmore Avenue, Alexandria, VA 22311

www.goodwinliving.org

Goodwin House Bailey's Crossroads

703-820-1488

3440 S Jefferson Street, Falls Church, VA 22041

goodwinhousebaileyscrossroads.org

Hunters Park at Cherrydale

703-592-6390

2021 North Nelson Street, Arlington, VA 22207

www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units

The Kensington Falls Church

703-992-9868

700 W. Broad Street, Falls Church, VA 22046

Exceptional Assisted Living, Three Tiers of Memory Care & Couples Care

www.thekensingtonfallschurch.com

The Kensington Reston

571-494-8100

11501 Sunrise Valley Drive, Reston VA 20191

Exceptional Assisted Living, Three Tiers of Memory Care & Couples Care

www.kensingtonreston.com

Woodland Hill

703-931-5700

600 South Carlin Springs Road, Arlington, VA 22204

www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units

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

Commission on Law and Aging

www.americanbar.org/groups/law_aging/

Senior Lawyers Division

www.americanbar.org/groups/senior_lawyers/

American University Washington College of Law Clinical Program 202-274-4000

4300 Nebraska Avenue NW, Washington, DC 20016

www.american.edu/wcl/academics/experientialedu/clinical/theclinics/

Archdiocese of Washington Catholic Charities Legal Network 202-350-4305

924 G Street NW, Washington, DC 20001

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

www.apalrc.org

Ayuda 202-387-4848

1990 K Street NW, Suite 500, Washington, DC 20006

ayuda.com/legal-services-4/

Bar Foundation of Montgomery County 301-424-7651

27 West Jefferson Street, Rockville, MD 20850

barmont.org/page/116

LEGAL ASSISTANCE

- Bread for the City Legal Clinic** **202-386-7616**
1525 7th Street NW, Washington, DC 20001
1700 Marion Barry Ave SE, Washington, DC 20002
www.breadforthecity.org/legal
- The Catholic University of America** **202-319-6788**
Columbus School of Law's Community Legal Services
3600 John McCormick Road NE, Washington, DC 20064
www.law.edu/academics/legal-externships-and-clinics/columbus-community-legal-services/index.html
- Community Legal Services of Prince George's County** **240-391-6370**
PO Box 374, Riverdale, MD 20737
www.clspgc.org
- Cornerstones Legal Aid** **571-323-9555**
11150 Sunset Hills Road, Suite 210, Reston, VA 20190
www.cornerstonesva.org/contact-us/get-help
- DC Bar Advice & Referral Clinic** **202-626-3499**
901 4th Street NW, Washington, DC 20001
2427 Martin Luther King, Jr. Ave SE, Washington, DC 20020
www.dcbar.org/Pro-Bono/Free-Legal-Help/Help-for-Individuals/Advice-Referral-Clinic
- DC Bar LawHelp.org**
www.lawhelp.org/dc
- DC Multi-Door Dispute Resolution Division** **202-879-1549**
DC Courts Court Building C
410 E Street NW, Washington, DC 20001
www.dccourts.gov/superior-court/multi-door-dispute-resolution-division
- DC Office of Notary Commissions and Authentications** **202-727-3117**
899 North Capitol Street NE, Suite 8100, Washington, DC 20002
os.dc.gov/service/notary-and-authentication-services
- Georgetown University Law School Clinics** **202-662-9000**
600 New Jersey Avenue NW, Washington, DC 20001
www.law.georgetown.edu/experiential-learning/clinics/our-clinics/
- George Mason University School of Law Clinics** **703-993-8000**
3301 Fairfax Drive, Arlington, VA 22201
law.gmu.edu/academics/clinics
- George Washington University Jacob Burns Community Legal Clinics** **202-994-7463**
2000 G Street NW, Washington, DC 20052
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 www.law.gwu.edu/health-rights-law-clinic	
HopeOneSource	202-743-5342
www.hope1source.or	
Howard University School of Law Clinical Law Center	202-806-8082
2900 Van Ness Street NW, Room G18, Washington, DC 20008 law.howard.edu/academics/clinical-law-center	
Lambda Legal	212-809-8585
120 Wall Street, 19th Floor, New York, NY 10005 www.lambdalegal.org/issues/seniors	
Legal Aid Society of the District of Columbia	202-628-1161
1331 H Street NW, Suite 350, Washington, DC 20005 www.legalaiddc.org	
Legal Counsel for the Elderly (LCE) Hotline	202-434-2120
www.aarp.org/LCE	
Legal Services of Northern Virginia (LSNV)	703-778-6800
10700 Page Avenue, Suite 100, Fairfax, Virginia 22030 www.lsnv.org	
Maryland Legal Aid	888-465-2468
500 East Lexington Street, Baltimore, MD 21202 www.mdlab.org	
Montgomery County Circuit Court	240-777-9145
Family Law Self-Help Center 50 Maryland Ave, Rockville, MD 20850 www.montgomerycountymd.gov/cct/family-law-self-help-center.html	
National Academy of Elder Law Attorneys (NAELA)	703-942-5711
1577 Spring Hill Road #310, Vienna, VA 22182 www.naela.org	
National Long-Term Care Ombudsman Resource Center	202-332-2275
1025 Connecticut Avenue NW, Suite 1000, Washington, DC 20036 www.ltombudsman.org	
National Network to End Domestic Violence	800-799-SAFE (7233)
www.nnedv.org www.womenslaw.org	
National Veterans Legal Services Program (NVLSP)	202-265-8305
1100 Wilson Blvd, Suite 900, Arlington, VA 22209 www.nvlsp.org	

LEGAL ASSISTANCE

Neighborhood Legal Services Program 64 New York Avenue NE, Washington, DC 20002 www.nlsp.org	202-832-6577
Pension Rights Center 1050 30th Street NW, Washington, DC 20007 www.pensionrights.org	202-296-3776
People's Law Library of Maryland www.peoples-law.org	410-260-1392
Probate Self-Help Center DC Superior Court Probate Division 515 Fifth Street NW, Washington, DC 20001 www.dccourts.gov/services/probate-matters/probate-self-help-center	202-879-9460
Tahirih Justice Center 6400 Arlington Boulevard, Suite 400, Falls Church, VA 22042 www.tahirih.org	571-282-6161
University of the District of Columbia (UDC) Law Clinics 4340 Connecticut Avenue NW, Washington, DC 20008 law.udc.edu/clinicintro/	202-274-7400
Virginia Legal Aid Legal Aid Helpline Senior Legal Helpline www.valegalaid.org	866-534-5243 844-802-5910
Washington Lawyers' Committee for Civil Rights & Urban Affairs 700 14th Street NW Suite 400, Washington, DC 20005 www.washlaw.org	202-319-1000
Washington Legal Clinic for the Homeless 1200 U Street NW, Washington, DC 20009 www.legalclinic.org	202-328-5500
Whitman-Walker Health Legal Services Program 1525 14th Street NW, Washington, DC 20005 www.whitman-walker.org/health-services/legal-services/	202-939-7630

LESBIAN, GAY, BISEXUAL, TRANSGENDER, AND QUEER (LGBTQ) RESOURCES

Arlington Gay and Lesbian Alliance (AGLA)

PO Box 100324, Arlington, VA 22210

www.agla.org

DC Mayor's Office of Lesbian, Gay, Bisexual, Transgender and Questioning Affairs

202-727-9493

899 North Capitol St NE, Suite 7200, Washington, DC 20002

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

mpdc.dc.gov/page/gay-and-lesbian-liaison-gllu

Equality Virginia

804-643-4816

530 E Main Street, Suite 600, Richmond, VA 23219

www.equalityvirginia.org

Metro Area Gender Identity Connection of Washington DC (MAGIC DC)

225 E Broad Street, Falls Church, VA 22046

magic-dc.org

Prime Timers of Washington, DC

P.O. Box 371, Spencerville, MD 20868

www.primetimersdc.org

The DC Center for the LGBT Community

202-682-2245

1827 Wiltberger St NW, Washington, DC 20001

www.thedccenter.org

The Triangle Club

202-659-8641

1638 R Street NW, Suite 120, Washington, DC 20009

triangleclub.org

Whitman-Walker Health

202-745-7000

1525 14th Street NW Washington, DC 20005

1201 Sycamore Drive SE, Washington, DC 20032

1377 R Street NW, Suite 200, Washington, DC 20009

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 LBGQT 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

www.988lifeline.org

American Foundation for Suicide Prevention (AFSP)

888-333-2377

199 Water Street, 11th Floor, New York, NY 10038

www.afsp.org

DISTRICT OF COLUMBIA

**Catholic Charities Archdiocese of Arlington
Anchor Mental Health Center** **202-635-5966**

1001 Lawrence Street NE, Washington, DC 20017

www.catholiccharitiesdc.org/acs

Columbia Road Health Services (CRHS) **202-469-4699**

1660 Columbia Road NW, Washington, DC 20009

www.unityhealthcare.org/locations/columbia-road-health-services

Community Connections **202-546-1512**

801 Pennsylvania Avenue SE, Washington, DC 20003

www.communityconnectionsdc.org

**DC Department of Behavioral Health's
Access Helpline** **888-793-4357, 888-7WE-HELP**

64 New York Avenue NE, 3rd Floor, Washington, DC 20002

dbh.dc.gov/service/access-helpline

DC Mental Health Counselors Association (DCMHCA)

www.dcmhca.org

Family 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

www.fmcsinc.org

**George Washington University Community
Counseling Services Center (CCSC)** **202-994-8645**

2134 G Street NW, Washington, DC 20052

gsehd.gwu.edu/ccsc

**Howard University Hospital Psychiatry
and Behavioral Sciences** **202-865-6611**

2041 Georgia Avenue NW, Washington, DC 20060

www.huhealthcare.com/health-services/psychiatry

IMALIVE Mental Health Fair **202-669-8500**

P.O. Box 106, Chester, MD 21619

www.imalive.org

La Clinica del Pueblo **202-462-4788**

La Clinica del Pueblo 15th Street

2831 15th Street NW, Washington, DC 20009

La Casa Community Center

3166 Mt Pleasant Street NW, Washington, DC 20010

La Clinica del Pueblo Hyattsville

2970 Belcrest Center Drive, #301 Hyattsville, MD 20782

www.lcdp.org

MENTAL HEALTH AND COUNSELING SERVICES

MedStar Georgetown Hospital Behavioral Health 202-944-5400
www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx

MedStar Health Outpatient Behavioral Health At Trinity Square 202-877-6333
216 Michigan Avenue NE, 2nd Floor, Washington, DC 20017
www.medstarhealth.org/locations/outpatient-behavioral-health-washington

MBI Health Services, LLC 202-388-9202
4017 Minnesota Avenue NE, Washington DC 20019
www.mbihs.com

The McClendon Center

Day Program and Administrative Offices 202-737-6191
1313 New York Avenue NW, Washington, DC 20005

Core Services Agency 202-745-0073
1629 K Street NW, Suite 1100, Washington, DC 20006

www.mcclendoncenter.org

The Imago Center of Washington, DC 202-449-3789
7003 Piney Branch Road NW, Washington, DC 20012
imagocenterdc.com

Providence Health Services Outpatient Behavioral Health 202-854-4623
1140 Varnum Street NE, #100, Washington, DC 20017
healthcare.ascension.org/locations/district-of-columbia/dcwas/washington-providence-health-services-outpatient-behavioral-health

Sibley Memorial Hospital 202-537-4000
5255 Loughboro Road NW, Washington, DC 20016
www.sibley.org

So Others Might Eat (SOME) Behavioral Healthcare 202-797-8806
60 O Street NW, Washington, DC 20001
some.org/services/healthcare/behavioral-health-services/

The Women's Center 202-293-4580 (DC), 703-281-2657 (VA)
1025 Vermont Avenue, #310, Washington, DC 20005
8230 Old Courthouse Road, Suite 500, Vienna, VA 22182
www.thewomenscenter.org

Wendt Center for Loss & Healing 202-624-0010
4201 Connecticut Avenue NW, Suite 300, Washington, DC 20008
www.wendtcenter.org

Woodley House 202-830-3508
3000 Connecticut Avenue NW, Suite 108, Washington, DC 20008
www.woodleyhouse.org

MARYLAND

Family Service Foundation (FSF)	301-459-2121
5301 76th Avenue, Hyattsville, MD 20784	
www.fsfinc.org	
Greater Baden Medical Services (GBMS) Behavioral Health Services	301-789-4297
Brandywine Location	301-888-2233
7450 Albert Road, Brandywine, MD 20613	
Capitol Heights I	301-324-1500
1458 Addison Rd S, Capitol Heights, MD 20743	
Capitol Heights II	301-324-1500
1442 Addison Rd S, Capitol Heights, MD 20743	
La Plata	301-539-5100
6 Garrett Avenue, La Plata, MD 20646	
Leonardtwn	301-997-1029
23140 Moakley St #4, Leonardtown, MD 20650	
gbms.org/service/behavioral-health-services/	
Holy Cross Germantown Hospital	301-557-6000
19801 Observation Dr., Germantown, MD 20876	
www.holycrosshealth.org/location/holy-cross-germantown-hospital	
MedStar Montgomery Medical Center Geriatric & Senior Services	301-570-7400, 301-774-8882
18101 Prince Philip Drive, Olney, MD 20832	
www.medstarhealth.org/services/geriatrics	
Montgomery County 24-hour Crisis Center	240-777-4000
1301 Piccard Drive, Rockville, MD 20850	
www.montgomerycountymd.gov/HHS-Program/ Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html	
Montgomery County Adult Behavioral Health Program	240-777-1770
11002 Viers Mill Road, Suite705, Wheaton, MD 20902	
www.montgomerycountymd.gov/HHS-Program/ Program.aspx?id=BHCS/BHCSAdultmentalhealth-p321.html	
Montgomery County Senior Mental Health Program	240-777-4529
www.montgomerycountymd.gov/HHS-Program/ Program.aspx?id=BHCS/BHCSSeniorMentalHealth-p1535.html	
Prince George's County Community Crisis Services, Inc. (CCSI)	301-864-7095
4316 Farragut Street, Hyattsville, MD 20781	
www.communitycrisis.org	

MENTAL HEALTH AND COUNSELING SERVICES

Prince George's County Department of Health 301-883-7879
9187 Central Avenue, Capitol Heights, MD 20743
www.princegeorgescountymd.gov/departments-offices/health

Santé Group 301-572-6585
12200 Tech Road, Suite 330, Silver Spring, MD 20904
www.thesantegroup.org

Sheppard Pratt Psychiatric Urgent Care 410-938-5302
Baltimore / Washington - 7220 Discovery Drive, Elkridge MD 21075
Towson - 6501 N. Charles St. Baltimore, MD 21204
www.sheppardpratt.org/locations-directions/details/psychiatric-urgent-care-baltimore-washington/

Suburban Hospital/Johns Hopkins Behavioral Health 301 896-3100
8600 Old Georgetown Road, Bethesda, MD 20814
www.hopkinsmedicine.org/suburban-hospital/services/behavioral-health

VIRGINIA

Arlington County Emergency Mental Health Services 703-228-5160
2120 Clarendon Boulevard, Arlington, VA 22201
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
4850 Mark Center Drive, First Floor, Alexandria, VA 22311
www.alexandriava.gov/adult-behavioral-health/program/24-hour-emergency-mental-health-services

HopeLink Behavioral Health 703-536-9000
10455 White Granite Drive, Suite 400, Oakton, VA 22124

Crisis Services Call or Text 988

Lifeline Chat 988lifeline.org/chat
hopelinkbh.org

Fairfax-Falls Church County Community Services Board (CSB)
8221 Willow Oaks Corporate Drive, Fairfax, VA 22031

Emergency situations (24/7) 703-573-5679

Fairfax Detoxification Center 24/7 703-502-7000,

CSB Entry & Referral Services 703 383-8500, TTY: 711

National 9-8-8 Suicide and Crisis Lifeline 988 or 1-800-273-TALK (8255)
www.fairfaxcounty.gov/community-services-board/

Inova Hospital Behavioral Health Services 571-623-3500
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
mentalhealthvirginia.org/get-help/warm-line/

UNITED STATES

988 Suicide & Crisis Lifeline 988
988lifeline.org

Depression & Bipolar Support Alliance (DBSA) 312-642-0049
55 E. Jackson Boulevard, Suite 490, Chicago, Illinois 60604
www.dbsalliance.org

Mental Health America 703-684-7722
500 Montgomery Street, Suite 820, Alexandria, VA 22314
mhanational.org

National Alliance on Mental Illness (NAMI) 703-524-7600
4301 Wilson Boulevard, Suite 300, Arlington, VA 22203

Helpline 800-950-6264

Text Helpline 62640

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
www.ncba-aged.org

ASIAN

Asian Pacific American Legal Resources Center (APALRC) 202-393-3572
1627 K Street NW, Suite 610, Washington, DC 20006

Chinese ext. 18
Hindu & Urdu ext. 19
Vietnamese ext. 20
Korean ext. 21

www.apalrc.org

Chinese Culture and Community Service Center 301-820-7200
9318 Gaither Road, Suite 215, Gaithersburg, MD 20877
www.ccacc-dc.org

Korean American Senior Citizen Association 301-438-7304
4401 Muncaster Mill Rd, Rockville, MD 20853

Korean Community Service Center of Greater Washington 703-354-6345
7700 Little River Turnpike Suite 406, Annandale, VA 22003
www.kcscgw.org

National Asian Pacific Center on Aging (NAPCA) 800-336-2722
1511 Third Avenue, Suite 914, Seattle, WA 98101
www.napca.org

New Covenant Church Fellowship Senior Center 301-444-3100
18901 Waring Station Road, Germantown, MD 20874
www.fellowshipusa.com

Vietnamese-American Services (VAS) 301-646-5852
12621 Old Columbia Pike, Silver Spring, MD 20904
vasusa.org

ETHIOPIAN

Ethiopian Community Development Council, Inc. (ECDC)

703-685-0510

901 South Highland Street, Arlington, VA 22204

www.ecdcus.org

JEWISH

Bender Jewish Community Center of Greater Washington (BJCCGW)

301-881-0100

6125 Montrose Road, Rockville, MD 20852

www.benderjccgw.org

Edlavitch Jewish Community Center of Washington, DC (DCJCC)

202-518-9400

1529 16th Street NW, Washington, DC 20036

www.edcjcc.org

Jewish Council for the Aging (JCA) of Greater Washington

301-255-4200

12320 Parklawn Drive, Rockville, MD 20852

www.accessjca.org

JSSA (Jewish Social Services Agency)

Northern Virginia

240-800-JSSA

3025 Hamaker Court, Suite 450, Fairfax

Rockville-Fallsgrrove

240-800-JSSA

200 Wood Hill Road, Rockville

Rockville-Montrose

240-800-JSSA

6123 Montrose Road, Rockville

Rockville-Grandin

240-800-JSSA

1010 Grandin Avenue, Rockville

www.jssa.org

Pozes Jewish Community Center of Northern Virginia

703-323-0880

8900 Little River Turnpike, Fairfax, VA 22031

www.thej.org

LATINO / HISPANIC

Casa de Maryland, Inc.

301-431-4185

Baltimore Welcome Center

2706 Pulaski Highway, Baltimore, MD 21224

Rockville Welcome Center

14645 Rothgeb Drive, Rockville, MD 20850

Wheaton Welcome Center

11425 Grandview Ave, Silver Spring, MD 20902

Silver Spring Welcome Center

734 University Ave E, Silver Spring, MD 20903

Multicultural Center Prince George Welcome Center

8151 15th Ave, Langley Park, MD 20783

wearecasa.org/maryland-2/

Central American Resource Center (CARECEN)

202-328-9799

1460 Columbia Road NW, Suite C-1, Washington, DC 20009

www.carecencdc.org

National Association for Hispanic Elderly Regional Office

626-564-1988

Asociación Nacional Pro Personas Mayores

234 E Colorado Blvd, Suite 300, Pasadena, CA 91101

www.anppm.org

Vida Senior Centers

202-483-5800

1842 Calvert Street NW, Washington, DC 20009

www.vidasenorcenter.org

NATIVE AMERICAN

National Indian Council on Aging

505-292-2001

8500 Menaul Boulevard NE, Suite B-470, Albuquerque, NM 87112

www.nicoa.org

MUSLIM

Kibar Halal Nutrition Center

202-483-8832

1519 4th St NW (Islamic Way), Washington, DC 20001

thenationsmosque.org/share-2-2/

Muslim Community Center (MCC)

301-384-3454

15200 New Hampshire Avenue, Silver Spring, MD 20905

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

PHARMACIES, MEDICAL EQUIPMENT, SUPPLIES

Columbia Lighthouse for the Blind **202-454-6400**

1825 K Street NW, Suite 1103, Washington, DC 20006
8757 Georgia Avenue, Suite 805, Silver Spring, MD 20910

www.clb.org

DC Rx Card

www.dcrxcard.com/index.php

DC Assistive Technology Program **202-547-0198**

220 I Street NE, Suite 130, Washington, DC 20002

www.atpdc.org/equipmentrecyclingdc.html

Maryland Rx Card **800-301-4679**

www.staterxplans.us/maryland.html

Rx Partnership in Virginia **804-377-1057**

1500 Forest Avenue, Suite 201, Richmond, VA 23229

www.rxpartnership.org

Virginia Drug Card

www.virginiadrugcard.com/index.php

PHYSICAL THERAPY

Foundry Physio and Health **(202) 810-5006**

4125 Albemarle Street NW, Suite 101, Washington, DC 20016

<https://www.foundryphysiodc.com/>

Johns Hopkins Care at Home **410-288-8000**

5901 Holabird Ave, Baltimore, MD 21224

www.hopkinsmedicine.org/care-at-home

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

Tenleytown Location

4125 Albemarle Street NW, Washington, DC 20016

Congress Heights

3303A Stanton Road SE, Washington, DC 20020

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: East River Family

Strengthening Collaborative

202-397-7300

4020 Minnesota Avenue NE, Suite 100, Washington, DC 20019

www.erfsc.org

Ward 2: Iona Senior Services

202-895-9448

4125 Albemarle St NW, Washington, DC 20016

www.iona.org

Ward 3: Iona Senior Services

202-895-9448

4125 Albemarle St NW, Washington, DC 20016

www.iona.org

Ward 4: Iona Senior Services

202-895-9448

4125 Albemarle St NW, Washington, DC 20016

www.iona.org

Ward 5: Seabury Resources for Aging

202-289-5690

555 Water St SW, Washington, DC 20024

www.seaburyresources.org

Ward 6: Seabury Resources for Aging

202-289-5690

555 Water St SW, Washington, DC 20024

www.seaburyresources.org

SENIOR SERVICE AGENCIES

**Ward 7: East River Family
Strengthening Collaborative** **202-397-7300**
4020 Minnesota Avenue NE, Suite 100, Washington, DC 20019
www.erfsc.org

**Ward 8: East River Family
Strengthening Collaborative** **202-397-7300**
4020 Minnesota Ave NE, Suite 100, Washington, DC 20019
www.erfsc.org

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

Karin House Senior Center
1395 Aspen St NW, Washington, DC 20012

Kuehner House Senior Center
1667 Marion Barry Ave SE, Washington, DC 20020

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

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

1842 Calvert Street NW, Washington, DC 20009

www.vidaseniorcenter.org

MARYLAND

**Jewish Council for the Aging (JCA)
of Greater Washington** **301-255-4200, 703-425-0999**
12320 Parklawn Drive, Rockville, MD 20852
www.accessjca.org

**Jewish Council for the Aging (JCA)
Senior Helpline** **240-290-3311, 703-652-1515**
www.accessjca.org/senior-helpline

JSSA Aging in Place (Jewish Social Services Agency)

Rockville-Falls Grove **240-800-JSSA**
200 Wood Hill Road, Rockville

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

Rockville-Grandin **240-800-JSSA**
1010 Grandin Ave, Rockville

www.jssa.org

Montgomery County Aging & Disability Resource Unit **240-7770-0311**
401 Hungerford Drive, Rockville, MD 20850
[www.montgomerycountymd.gov/HHS-Program/
Program.aspx?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
Older Adult Services Division **301-265-8450**
9187 Central Ave, Capitol Heights, MD 20748
[www.princegeorgescountymd.gov/departments-offices/
family-services/older-adult-services/older-adult-services](http://www.princegeorgescountymd.gov/departments-offices/family-services/older-adult-services/older-adult-services)

VIRGINIA

Alexandria Office on Aging and Adult Services **703-746-5999**
4850 Mark Center Drive, Alexandria, VA 22311
www.alexandriava.gov/aging

Arlington County Aging and Disability Services **703-228-1700**
2100 Washington Boulevard, 4th Floor, Arlington, VA 22204
www.arlingtonva.us/Government/Departments/DHS/Aging-Disability

Eldercare Locator **800-677-1116**
eldercare.acl.gov/home

Fairfax County's Family Caregiver Support Programs **703-324-7948**
12011 Government Center Pkwy, Suite 708, Fairfax, VA 22035
[www.fairfaxcounty.gov/familyservices/older-adults/
family-caregiver-support-programs](http://www.fairfaxcounty.gov/familyservices/older-adults/family-caregiver-support-programs)

Jewish Social Services Agency (JSSA) **240-800-JSSA**
Northern Virginia - Fairfax
3025 Hamaker Court, Suite 450, Fairfax, VA 22031
www.jssa.org

Prince William County Area Agency on Aging **703-792-6374**
5 County Complex Court, Suite 240, Prince William, VA, 22192
www.pwcva.gov/department/area-agency-aging/

Seabury Resources for the Aging **202-289-5690**
555 Water St SW, Washington, DC 20024
www.seaburyresources.org



SUPPORT GROUPS

Iona Senior Services' support groups offer a much-needed anchor by providing you with space to connect with others experiencing similar situations, learn coping strategies, and share stories.

Facilitated by Iona professionals, our support groups give participants the opportunity to:

- Share their experiences and concerns with one another
- Find emotional comfort and support
- Gain practical advice, helpful resources, and ways of coping
- Meet new people and build community



To learn more, visit
<https://iona.org/programs/support-groups/>
or contact Iona's helpline at
(202) 895-9448 or info@iona.org



Iona is supported by the D.C. Department of Aging and Community Living and our generous community.

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.

iona.org/programs/support-groups/

Caregiving and Memory Loss

Adult Child Thursday Evening Caregiver Support Group

Iona/Alzheimer's Association Support Group for Adult Children Caring for Parents with Memory Loss

Lunchtime Support Group for Family Caregivers

First Thursday Support Group for Caregivers of Individuals with Dementia

Fourth Thursday Support Group for Caregivers of Individuals with Dementia

Support Group for Caregivers of Spouses/Partners with Dementia

Support Group for People Caring for Their Spouse or Partner

LGBTQ+

Silver Circles Peer Support Groups for LGBTQ Older Adults

Low Vision

Low Vision Support Group

Transitions in Aging

Transitions in Aging Support Group

SUPPORT GROUPS

- Al-Anon / Ala-Teen** **888-4AL-ANON, 888-425-2666**
1600 Corporate Landing Parkway, Virginia Beach, VA 23454
www.al-anon.org
- Alcoholics Anonymous** **202-966-9115**
4530 Connecticut Avenue NW, Suite 111, Washington, DC 20008
www.aa-dc.org
- Alzheimer's Association National Capitol Area
Alzheimer's and Dementia Support Groups** **800-272-3900**
www.alz.org/nca/support
- American Cancer Society (ACS)
Cancer Survivors Network** **800-227-2345**
csn.cancer.org
- American Diabetes Association (ADA)
DC National Capital Area** **202-331-8303**
diabetes.org/local/greater-washington-dc-national-capital-area
- American Foundation for Suicide Prevention (AFSP)** **202-449-3600**
199 Water St, 11th Floor, New York, NY 10038
- Maryland Chapter** **202-770-8973**
- Virginia Chapter** **540-718-2221**
afsp.org/chapter/national-capital-area
- American Liver Foundation
Caring Connections Peer Support Program** **800-465-4837**
liverfoundation.org/resource-center/caring-connections/
- Amputee Coalition of America** **888-267-5669**
601 Pennsylvania Ave NW, Suite 420, South Building, Washington, DC 20004
amputee-coalition.org/service/find-a-support-group/
- Capital Caring Health Grief Support and Counseling** **844-447-4383**
www.capitalcaring.org/get-help/our-services/grief-support/
- DC Caregivers' Institute (DCCI)** **202-464-1513**
1234 Massachusetts Ave NW, Suite C1002, Washington, DC, 20005
www.homecarepartners.org/our-programs/dc-caregivers-institute/
- Depression & Bipolar Support Alliance (DBSA)
National Area Capital Chapter** **800-826-3632**
P.O. Box 341191, Bethesda, MD 20827
www.dbsanca.org/supportgroups.html
- Family Caregiver Alliance (FCA)** **800-445-8106**
235 Montgomery Street, Suite 930, San Francisco, CA 94104
www.caregiver.org/connecting-caregivers/support-groups/

-
- George Washington University Hospital Support Groups** 202-715-4165
900 23rd Street, NW, Washington, DC 20037
gwhospital.com/patients-visitors/information-amenities/patient-education/
- The Glaucoma Foundation (TGF)** 212-285-0080
80 Maiden Lane, Suite 700, New York, NY 10038
glaucomafoundation.org/get-involved/join-a-support-group/
- Holy Cross Hospital Support Groups** 301-754-7000
1500 Forest Glen Road, Silver Spring, MD 20910
www.holycrosshealth.org/health-and-wellness/classes-and-support-groups
- Inova Hospitals' Support Groups**
www.inova.org/our-services/inova-well/medical-wellness/support-groups
- DC LGBTQ+ Community Center Support Groups** 202-682-2245
1827 Wiltberger St NW, Washington, DC 20001
thedccenter.org/support/
- Montgomery County Stroke Association, Inc.** 301-681-6272
PO Box 9343, Silver Spring, MD 20916-9343
www.mcstroke.org
- Narcotics Anonymous (NA)
of the Chesapeake & Potomac Region** 800-543-4670
www.cprna.org/na-meetings/
- National Kidney Foundation NFK PEERS** 855-653-2273
www.kidney.org/treatment-support/peers
- National Multiple Sclerosis (MS) Society,
Support Groups and Connection Programs** 800-344-4867
One M Street SE, Suite 510, Washington, DC 20003
www.nationalmssociety.org/resources/get-support/find-support-groups-and-programs
- National Stroke Association** 888-478-7653
7272 Greenville Avenue, Dallas, TX 75231
www.stroke.org/en/stroke-support-group-finder
- Parkinson's Foundation of the
National Capital Area (PFNCA)** 301-844-6510
3570 Olney Laytonsville Road #490, Olney, MD 20830
parkinsonfoundation.org/support-groups
- Sibley Memorial Hospital Support Groups** 202-537-4000
5255 Loughboro Road NW, Washington, DC 20016
www.hopkinsmedicine.org/about/community-health/sibley-memorial-hospital/support-groups-resources
-

SUPPORT GROUPS

Washington Hospital Center (MedStar Health)

Support Group

202-877-7000

110 Irving Street NW, Washington, DC 20010

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

www.wendtcenter.org

Whitman-Walker Health

202-745-7000

1525 14th Street NW, Washington, DC 20005

1201 Sycamore Drive SE, Washington, DC 200232

1377 R St NW, Suite 200, Washington, DC 20009

www.whitman-walker.org/?s=support+groups

The Women's Center

Northern Virginia

703-281-2657

8230 Old Courthouse Road, Suite 500, Vienna, VA 22182

Washington DC

202-293-4580

1025 Vermont Ave NW, Suite 310, Washington, DC 20005

thewomenscenter.org/services/support-therapy-groups/

ALS Association

Maryland

301-978-9855

www.als.org/support/states/maryland

Virginia

301-978-9855

www.als.org/support/states/virginia

District of Columbia

301-978-9855

www.als.org/support/states/district-columbia

TRANSPORTATION

REGIONAL TRANSPORTATION

AMTRAK Everyday Discounts 800-USA-RAIL, 800-872-7245
60 Massachusetts Avenue NE, Washington, DC 20002
www.amtrak.com/deals-discounts/everyday-discounts.html

MARC 866-RIDE-MTA, 866-743-3682
mta.maryland.gov/marc-fares

Virginia Department of Medical Assistance Services (DMAS) 866-386-8331
600 East Broad Street, Richmond, VA 23219
dmas.virginia.gov/for-members/benefits-and-services/transportation-services/

Washington Non-Emergency Transportation (MTM) 866-796-0601
www.mtm-inc.net/washington-dc

Additional medical transport information:

City of Alexandria 866-386-8331 option 7
www.alexandriava.gov/older-adult-services/program/transportation

City of Arlington Phone numbers vary by program
www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation

Fairfax County 301-562-5360
www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide

Montgomery Country 240-777-0311
www.montgomerycountymd.gov/dot-transit/special-transportation

Prince George's County 301-856-9555
www.princegeorgescountymd.gov/departments-offices/health/health-and-wellness/medical-assistance/non-emergency-medical-assistance-transportation-nemt-program

RIDE SHARING

Arrive 866-277-4838
arriverides.com

Go Go Grandparent 855-464-6872
www.gogograndparent.com

Lyft
www.lyft.com

Uber
www.uber.com

Via
www.ridewithvia.com

Road to Recovery 800-227-2345
www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Seabury's Transportation Program 202-808-8790
www.seaburyresources.org/transportation

Virginia Railway Express (VRE) 800-743-3873
1500 King Street, Suite 202, Alexandria, VA 22314
www.vre.org/service/reduced-fare/

Washington Metropolitan Area Transit Authority (WMATA) 888-762-7874
www.wmata.com/fares/Reduced-Fare-Programs/

WMATA Metro Access 301-562-5360
www.wmata.com/service/accessibility/metro-access

DISTRICT OF COLUMBIA

DAV Volunteer Transportation 202-745-8000
www.dav.org/veterans/i-need-a-ride

ConnectorCard 202-420-7534
connector-card.com/about

Transport DC 844-322-7732
2235 Shannon Place SE, Washington, DC 20020
dfhv.dc.gov/service/transport-dc

VetsRide 202-724-4010
441 4th Street NW, Washington, DC 20001
www.servingtogetherproject.org/dc-vetsride-program

MARYLAND TRANSPORTATION

(MONTGOMERY & PRINCE GEORGE'S COUNTIES)

MONTGOMERY COUNTY

For a comprehensive list of Montgomery County options, visit:

www.montgomerycountymd.gov/dot-transit/special-transportation

Bethesda Circulator

301-215-6661

7700 Old Georgetown Road, Bethesda, MD 20814

www.bethesda.org/bethesda/bethesda-circulator

Call 'N' Ride

301-948-5409

101 Monroe Street, 5th Floor, Rockville, MD 20850

www.montgomerycountymd.gov/DOT-Transit/call-n-ride/

Gaithersburg Help

301-216-2510

301 Muddy Branch Road, Gaithersburg, MD 20878

www.gaithersburghelp.org/get-help/transportation/

JCA Connect-A-Ride

301-738-3252

www.accessjca.org/connect-a-ride

JCA Escorted Transportation

240-395-0915

www.accessjca.org/escorted-transportation

Regency Taxi

301-990-9000

www.regencytaxi.com

Ride-On Montgomery County Transit

240-777-0311

101 Monroe Street, Rockville, MD 20850

www.montgomerycountymd.gov/rideon

Senior Connection of Montgomery County

301-962-0820

2425 Reedie Drive 8th Floor, Wheaton, MD 20902

www.seniorconnectionmc.org/our-programs/senior-rides/

Greater Olney Rides

301-446-2512

PO Box 1684, Olney, MD 20830

gorides.org

Silver Spring Van Go

240-777-0311

1 Veterans Place, Silver Spring, MD 20910

www.silverspringdowntown.com/go/vango-free-downtown-shuttle

TRANSPORTATION

PRINCE GEORGE'S COUNTY

Call-a-Bus **301-499-8603**

9400 Peppercorn Place, Suite 320, Largo, MD 20774

www.princegeorgescountymd.gov/1138/Call-a-Bus

Call-a-Cab **301-499-8603**

9400 Peppercorn Place, Suite 320, Largo, MD 20774

www.princegeorgescountymd.gov/1102/Call-a-Cab

The Bus **301-324-2877**

9400 Peppercorn Place, Suite 300, Largo, MD 20774

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](http://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

www.arlingtontransit.com

Door-Thru-Door Assisted Transportation **703-228-1700**

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/

[Resources/Transportation](http://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation)

Fast Tran Critical Medical Care, Arlington **703-222-9764 ext. 2**

www.fairfaxcounty.gov/familyservices/disabilities/

[northern-virginia-transportation-guide](http://www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide)

Interim Star **703-228-1700**

www.arlingtontransit.com/pages/star

JCA Connect-A-Ride **703-323-6494**

www.accessjca.org/connect-a-ride

Senior Loops – Grocery Shopping **703-228-1900**

www.arlingtonva.us/Government/Departments/DHS/

[Aging-Disability/Resources/Transportation](http://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation)

Shepherd's Center of McLean, Arlington, Falls Church **703-506-2199**

1205 Dolley Madison Boulevard, McLean, VA 22101

scmafc.org/services/

Specialized Transit for Arlington Residents (STAR) **703-228-1900**

2100 Clarendon Boulevard, Suite 900, Arlington, VA 22201

www.ArlingtonSTAR.com

Super Senior Taxi (SST) 703-228-1700

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

[www.arlingtontransit.com/riding-art/how-to-ride/
how-to-ride-for-senior-citizens/super-senior-taxi/](http://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

Agency on Aging Charter Services 703-746-3275

DOT Specialized transportation service 703-746-4084

Group Grocery Shopping Trips 703-746-3275

Senior Taxi Yellow Card Program 703-746-5697

www.alexandriava.gov/older-adult-services/program/transportation

DASH 703-746-3274

3000 Business Center Drive, Alexandria, VA 22314

www.dashbus.com

Fast Tran Critical Medical Care 703-222-9764 ext. 2

[www.fairfaxcounty.gov/familyservices/disabilities/
northern-virginia-transportation-guide](http://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](http://www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide)

CUE Bus 703-385-7859

10455 Armstrong Street, Fairfax, VA 22030

www.fairfaxva.gov/Services/CUE-Bus

Fairfax County Connector 703-339-7200

4050 Legato Road, Suite 400, Fairfax, VA 22033

www.fairfaxcounty.gov/connector

Shepherd's Center of Fairfax-Burke 703-323-4788

4019 Olley Lane, Fairfax, VA 22032

www.scfbva.org/programs

Shepherd's Center of McLean, Arlington, Falls Church 703-506-2199

1205 Dolley Madison Boulevard, McLean, VA 22101

scmafc.org/services/

Transportation Options, Programs & Services (TOPS) 703-222-9764

www.fairfaxcounty.gov/neighborhood-community-services/transportation/tops

TRANSPORTATION

WHEELCHAIR-ACCESSIBLE TAXIS

Arlington Blue Top Cab www.bluetop.com/accessible-taxi-service	703-243-8294
Barwood Taxi www.barwoodtaxi.com	301-984-1900
Fairfax Red Top Cab www.fairfaxredtopcab.com	703-333-3333
Fairfax Yellow Cab www.fairfaxyellowcab.com	703-534-1111
King Cab Company www.kingcabcompany.com/	703-549-3530
Red Top Cabs www.redtopcab.com/#/booking/	703-522-3333
Taxi Transportation www.dctaxionline.com	202-398-0500
Yellow Cab Company of DC dcyellowcab.com	202-544-1212

Clark Construction is a proud sponsor of Iona Senior Services.



www.clarkconstruction.com | (571) 350 - 3500

VETERANS

BENEFITS

Aid and Attendance Benefits and Housebound Allowance 800-698-2411
www.va.gov/pension/aid-attendance-housebound

U.S. Department of Veterans Affairs 800-698-2411
810 Vermont Ave., NW, Washington, DC 20420
choose.va.gov

HOME SAFETY AND MODIFICATIONS

Home Improvements and Structural Alterations (HISA)
prosthetics.va.gov/HISA2.asp

HOSPICE

Washington VA Medical Center 202-745-8000
50 Irving Street NW, Washington, DC 20422
www.va.gov/washington-dc-health-care/locations/washington-va-medical-center/

HOUSING

Armed Forces Retirement Home 800-422-9988
140 Rock Creek Church Rd NW, Washington, DC 20011
www.afrh.gov

Army Distaff – Knollwood Community 202-541-0149
6200 Oregon Avenue NW, Washington, DC 20015
www.armydistaff.org

MEDICAL

Veterans Affairs Medical Center 202-745-8000
50 Irving Street NW, Washington, DC 20422
washingtondc.va.gov

Defense Health Agency - TRICARE East 800-444-5445
www.tricare.mil

Walter Reed National Military Medical Center 301-295-4810
8901 Rockville Pike, Bethesda, MD 20889

VETERANS

VISION

Blinded Veterans' Association

PO Box 90770 Washington, DC 20090

www.bva.org

800-669-7079

DC Public Library Center for Accessibility

901 G St NW, 2nd Floor, Room 205, Washington, DC 20001

www.dclibrary.org/services/lbph

202-727-2142

Veterans Affairs Vision Care

www.va.gov/health-care/about-va-health-benefits/vision-care/

202-745-8000

*WC Smith is a proud sponsor of
Iona Senior Services.*



www.wcsmith.com | (202) 371 - 1220

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 1355 E Street SE, Washington, DC 20003 www.capitolhillvillage.org	202-543-1778
Cleveland and Woodley Park Village www.cwpv.org/	202-615-5853
DC Villages Collaborative 1355 E Street, SE, Washington, DC 20003 dcvillages.org/	771-210-2269
DC Waterfront Village 222 M Street SW, Washington, DC 20024 www.dewaterfrontvillage.org	202-656-1834
Dupont Circle Village 2121 Decatur Place NW, Washington, DC 20008 www.dupontcirclevillage.net	202-436-5252
East Rock Creek Village PO Box 55088, Washington, DC 20040 www.eastrockcreekvillage.org	202-656-7322
Foggy Bottom West End Village 2430 K St NW, Washington, DC 20037 fbwe.helpfulvillage.com	202-333-1327
Georgetown Village 1801 35th St NW, Suite 102, Washington, DC 20007 www.georgetown-village.org	202-999-8988
Glover Park Village PO Box 32255, Washington, DC 20007 www.gloverparkvillage.org	202-436-5545

VILLAGES

Kingdom Care Senior Village

814 Alabama Ave SE, Washington, DC 20032

www.kingdomcarevillage.org

202-561-5594

Mount Pleasant Village

1763 Columbia Rd NW, Washington, DC 20009

www.mountpleasantvillage.org

202-573-7557

Northwest Neighbors Village

PO Box 39135, Washington, DC 20016

www.nnvdc.org

202-935-6060

Palisades Village

5200 Cathedral Avenue NW, Washington, DC 20016

www.palisadesvillage.org

202-244-3310

Pennsylvania Avenue Village East, Inc.

3130 Pennsylvania Avenue SE, Washington, DC 20020

www.pavillageeast.org

202-581-6160

Time to Thrive!



For nearly 20 years, Capitol Hill Village has been a vital lifeline for older adults—supporting health, independence, and connection while advocating for age-friendly communities that benefit everyone.

To make a tax-deductible donation, volunteer, or become a member, scan the QR codes below or call 202-543-1778.

**Ready to be a part
of this incredible
community?**

Donate



Volunteer



Join



Join the Village Movement!



Across the District, Villages work to build caring neighborhoods where older residents thrive.

We are Neighbors Helping Neighbors with Transportation Needs • In-Home Supports • Accessing Resources • Strengthening Social Connections • and More

Capitol Hill Village

202-543-1778 • capitolhillvillage.org

Cleveland & Woodley Park Village

202-615-5853 • cwpv.org

Dupont Circle Village

202-436-5252 • dupontcirclevillage.net

East Rock Creek Village

202-656-7322 • eastrockcreekvillage.org

Faith North Michigan Park Village

301-275-1950 • faithunitedcdc@gmail.com

Foggy Bottom West End Village

202-333-1327 • fbwe.helpfulvillage.com

Georgetown Village

202-999-8988 • georgetown-village.org

Glover Park Village

202-436-5545 • gloverparkvillage.org

Greater Brookland

Intergenerational Village

202-658-5958 • brooklandvillage.org

Kingdom Care Senior Village

202-561-5594 • kingdomcarevillage.org

Mount Pleasant Village

202-573-7557 • mountpleasantvillage.org

Nehemiah Intergenerational Village

202-396-0963 • info@zionbaptistchurcheg.org

Northwest Neighbors Village

202-935-6060 • nnvdc.org

Palisades Village

202-244-3310 • palisadesvillage.org

Village on the Avenue @ PABC

202-581-1500 • info@villageontheavenue.org

Waterfront Village

202-656-1834 • dcwaterfrontvillage.org



We are also looking to support new villages in other neighborhoods. Connect with us for more information!

771-210-2269 • www.DCVillages.org

VILLAGES

MARYLAND

Bannockburn Neighbors Assisting Neighbors (NAN)

6314 Bannockburn Drive, Bethesda, MD 20817

www.bannockburncommunity.org

Bethesda Metro Area Village

PO Box 30525, Bethesda, MD 20824

www.bmavillage.org

240-630-2628

Bradley Hills Village

PO Box 341823, Bethesda, MD 20827

bhv.clubexpress.com

240-600-1846

Burning Tree Village Inc

www.burningtreevillage.org

240-389-3829

Cheverly Village

3416 Belleview Ave, 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 Network

4701 Willard Ave, Suite 336, Chevy Chase, MD 20815

www.fhneighbors.org

240-620-3285

Greater Stonegate Village

15005 Redgate Dr, Silver Spring, MD 20905

stonegate.clubexpress.com

505-697-0684

Hyattsville Aging in Place

PO Box 113, Hyattsville, MD 20781

hyattsvilleaginginplace.org

301-887-3101

Little Falls Village

4701 Sangamore Rd, Suite 232, Bethesda, MD 20816

www.littlefallsvillage.org

301-320-3267

Manor Connections

www.manorconnections.org

240-408-5507

Mill Creek Village

millcreekvillage.wordpress.com

240-686-5870

North Chevy Chase Connections

PO Box 654, Kensington, MD 20895

www.northchevychaseconnections.org

240-343-2446

Potomac Community Village	240-221-1370
PO Box 59424, Potomac, MD 20859 www.potomaccommunityvillage.org	
Silver Spring Village	240-833-5580
8700 Georgia Ave, Suite 306, Silver Spring, MD 20910 www.silverspringvillage.org	
Somerset Helping Hand	301-657-3211
4510 Cumberland Ave, Chevy Chase, MD 20815 www.townofsomersetmd.gov/about_us/our_neighbors.php	
Village of Takoma Park	301-646-2109
PO Box 11420, Takoma Park, MD 20913 www.villageoftakomapark.com	
Villages of Kensington	301-509-0191
PO Box 118, Kensington, MD 20895 www.villagesofkensingtonmd.org	
VIRGINIA	
Arlington Neighborhood Village	703-509-8057
4000 Lorcom Lane, Arlington, VA 22207 www.anvarlington.org	
At Home in Alexandria	703-231-0824
3139 Mt Vernon Ave, Alexandria, VA 22305 www.athomeinalexandria.org	
Herndon Village Network	703-375-9439
PO Box 5143, Herndon, VA 20172 www.herndonvillagenetwork.org	
Lake Barcroft Village, Inc	703-424-1299
PO Box 4645, Falls Church, VA 22044 www.lakebarcroftvillage.org	
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: 202-895-9449
4125 Albemarle Street, NW, Washington, DC20016
www.iona.org/programs/support-groups/
- American Academy of Ophthalmology** 415-561-8500
PO Box 7424, San Francisco, CA 94120
www.geteyesmart.org
- American Association of the Deaf-Blind (AADB)**
PO Box 12222, Silver Spring, MD 20908
www.aadb.org
- American Foundation for the Blind** 212-502-7600
River Tower, 1108 Third Ave, Suite 200, Huntington, WV 25701
www.afb.org
- American Printing House for the Blind** 800-223-1839
1839 Frankfort Avenue, Louisville, KY 40206
www.aph.org
- Blinded Veterans' Association** 800-669-7079
PO Box 90770 Washington, DC 20090
www.bva.org
- Bookshare** 650-352-0198
480 South California Avenue, Suite 201, Palo Alto, CA 94306
www.bookshare.org
- BrightFocus Foundation** 800-437-2423
22512 Gateway Center Drive, Clarksburg, MD 20871
www.brightfocus.org
- Choice Magazine Listening** 888 724-6423, 516-883-8280
85 Channel Drive, Port Washington, NY 11050
www.choicemagazinelisting.org
- City of Alexandria Public Library's Talking Books Department** 703-746-1760
5005 Duke Street, Alexandria, VA 22304
www.alexlibraryva.org/
- Council of Citizens with Low Vision International** 502-905-0869
3817 Tuesday Way, Louisville, KY 40219
www.cclvi.org

DC Center for Independent Living, Inc. 2600 12th Street NE, Washington, DC 20018 www.dccil.org	202-388-0033
DC Public Library Center for Accessibility 901 G Street NW, 2nd Floor Room 205, Washington, DC 20001 www.dclibrary.org/services/lbph	202-727-2142
Described and Captioned Media Program 1447 East Main Street, Spartanburg, SC 29307 www.dcmp.org	864-585-1778
Eye Care America www.aao.org/eyecare-america	877-887-6327
Fairfax County Library Access Services Branch 12000 Government Center Parkway, Suite 123, Fairfax, VA 22035 www.fairfaxcounty.gov/library/branches/access-services	703-324-8380
The Glaucoma Foundation (TGF) 80 Maiden Lane, Suite 700, New York, NY 10038 www.glaucomafoundation.org	212-285-0080
JBI International Telephone 110 East 30th Street, New York, NY 10016 www.jbilibrary.org	212 889-2525
Lighthouse Guild 250 West 64th Street, New York, NY 10023 www.lighthouseguild.org/	800-284-4422
Low Vision Center 4948 St. Elmo Avenue, Suite 209, Bethesda, MD 20814 www.youreyes.org/programs/low-vision/#low-vision-learning-center	301-951-4444
Macular Degeneration Partnership 850 Health Sciences Road, Irvine, CA 92697-4375 www.wepclinical.com/champions/macular-degeneration-partnership/	888-430-9898
Metropolitan Washington Ear 12061 Tech Road, Silver Spring, MD 20904 www.washear.org	301-681-6636
Montgomery County Library Accessibility and Inclusion www.montgomerycountymd.gov/library/accessibility	240-777-0002

VISION RESOURCES

National Center on Deaf-Blindness (NCDB) 141 Middle Neck Road, Sands Point, NY 11050 www.nationaldb.org	516-366-0047
Virginia: PO Box 843020 Richmond, VA 23284-3020	804-828-2052
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 200 East Wells St at Jernigan Place, Baltimore, MD 21230 www.nfb.org	410-659-9314
National Institutes of Health National Eye Institute 31 Center Drive, MSC 2510, Bethesda, MD 20892 www.nei.nih.gov/	301-496-5248
National Library Service for the Blind and Physically Handicapped (NLS) Library of Congress, Washington, DC 20542 www.loc.gov/nls	888-657-7323
Prevention of Blindness Society of Metropolitan Washington 415 2nd Street NE, Suite 200, Washington, DC 20002 www.youreyes.org	202-234-1010
Prince George's County Library Accessibility Services www.pgcmlls.info/accessibility-services	301-699-3500
Seabury Resources for Aging Older Blind Program 555 Water St. SW, Washington, DC 20024 www.seaburyresources.org/centerforblind	202-635-1900
U.S. Department of Education Independent Living Services for Older Individuals Who Are Blind OSERS, 400 Maryland Ave SW, Washington, DC 20202 rsa.ed.gov/about/programs/ independent-living-services-for-older-individuals-who-are-blind	
Veterans Affairs Vision Care www.va.gov/health-care/about-va-health-benefits/vision-care/	800-698-2411

Virginia Department for the Blind and Vision Impaired 800-622-2155
 397 Azalea Avenue, Richmond, VA 23227
www.vdbvi.org

VisionAware
www.aphconnectcenter.org/visionaware/

The Visionary Store 202-454-6400
 1825 K Street NW, Suite 1103, Washington, DC 20006
 8757 Georgia Avenue, Suite 805, Silver Spring, MD 20910
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 assist activity staff at our Wellness & Arts Center, Washington Home Center, and community dining sites. They also assist activity staff at our Wellness & Arts Center, Washington Home Center, and at our community dining sites.

Behind-the-scenes volunteers support Iona's advocacy, event planning, communications, community outreach, 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 and students. For more information, please call or email volunteer@iona.org.

www.iona.org

AARP DC 866-554-5384

100 M Street SE, Suite 650, Washington, DC 20003
aarp.org/dc

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

Capital Caring Health 800-869-2136

3180 Fairview Park Dr, Suite 500, Falls Church, VA 22042
www.capitalcaring.org

VOLUNTEER OPPORTUNITIES

- Children's National Medical Center Volunteer Services** 202-476-5000
111 Michigan Avenue NW Washington, DC 20010
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
www.clb.org/volunteer/
- DC Office on Aging Ambassador Program** 202-724-5622
500 K Street NE, Washington, DC, 20002
dacl.dc.gov/page/dacl-ambassador-training
- Executive Service Corps (ESC)** 561-235-0069
www.escus.org/volunteer/
- Friendship Place** 202-364-1419
4713 Wisconsin Avenue NW, Washington, DC 20016
www.friendshipplace.org/get-involved/how-can-i-help/
- Howard University Hospital** 202-865-1375
2041 Georgia Ave NW, RM 2045, Washington, DC 20060
www.huhealthcare.com/volunteer
- Idealist**
Idealist.org
- Jewish Council for the Aging (JCA)** 301-255-4200 (MD)
703-425-0999 (VA)
12320 Parklawn Drive, Rockville, MD, 20852
www.accessjca.org/volunteer
- Mayor's Office on Volunteerism and Partnerships (Serve DC)** 202-727-7925
2235 Shannon Place SE, Suite 3040, Washington, DC 20020
serve.dc.gov
- MedStar Georgetown University Hospital Volunteer Services** 202-444-0695
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
www.montgomeryserves.org
- Retired & Senior Volunteer Program (RSVP)** 202-606-5000
250 E St NW, Washington, DC 20525
www.americorps.gov

Seabury Resources Volunteer Opportunities**Age-in-Place** 202-635-9384**Friendship Terrace** 202-244-7400**Dining Sites** 202-529-8701www.seaburyresources.org/volunteer**Service Corps Of Retired Executives (SCORE)** 800-634-0245www.score.org/page/volunteer-score**Sibley Hospital Volunteer Services** 202-537-4485

5255 Loughboro Road NW, Washington, DC 20016

www.hopkinsmedicine.org/volunteer-services/sibley**UDC Senior Companion/Respite Aide Program** 202-274-5000

4200 Connecticut Avenue NW, Washington, DC 20008

www.udc.edu/causes/land-grant/[the-center-for-nutrition-diet-and-health/institute-of-gerontology](http://www.udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology)**Veterans Affairs Medical Center** 202-745-8320

Washington DC VA Medical Center Main Building, Floor GC, Room 113

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

www.volunteerallexandria.org**Volunteer Fairfax** 703-246-3460

12015 Route 50, Suite 225, Fairfax, VA 22033

www.volunteerfairfax.org

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CHEVY CHASE HOUSE

Boutique Senior Living



BCA Bazilio Cobb
Associates

ADVERTISER'S INDEX

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Aging Well Eldercare	31
Bernstein Management Corporation	96
Capitol Hill Village	136
CityRidge - Roadside	96
Clark Construction	132
DC Villages	137
Eisai	73
Georgetown Homecare	84
Gilday Renovations	88
GRF CPA's and Advisors	52
Ingleside	100
Inspīr	92
Joseph Gawlers & Sons Funeral Directors	52
Just That Simple	86
Kensington Senior Living	100, 101, 102
Marjorie Dick Stuart	94
Marshfield Associates	54
Regency Senior Advisors	95
SmithLife Homecare	86
The Washington Home	98
UnitedHealthcare	80
WC Smith	134

INDEX

211 Answers Please	63	American Assoc. of the	
311 Citywide	63	Deaf-Blind (AADB)	82, 140
40 Plus of Greater Washington	47	American Bar Assoc.	103
988 Suicide & Crisis Lifeline.....	108, 112, 113	American Cancer Society (ACS).....	72, 124
AAA Roadwise Driver.....	43	American Diabetes Assoc. (ADA).....	74, 124
AARP	25, 43, 53, 143	American Fdn. for	
Academy of Hope.....	39	Suicide Prevention (AFSP).....	108, 124
Active Wellness at St. Alban's.....	9, 17, 39, 56	American Fdn. for the Blind	140
Adaptive Home Living, LLC.....	88	American Geriatrics Society (AGS)	25
Adas Israel Congregation		American Heart Assoc.	75
Adas-Behrend Senior Fellowship.....	24	American Liver Fdn.	76, 124
Adult Protective Svcs.....	44, 63, 65, 66, 67, 68, 69	American Lung Assoc.	76
ADvancing States.....	25	American Printing House for the Blind	140
Adventist Comm. Svcs. of		American Red Cross	44
Greater Washington (ACSGW)	39, 47, 61	American Society on Aging	25
Adventist HealthCare		American Speech-Language	
Shady Grove Medical Ctr.	90	Hearing Assoc. (ASHA)	82
Adventist HealthCare Volunteers	143	American University Washington College of	
Advisory Neighborhood Commissions (ANCs)....	63	Law Clinical Program.....	103
Aged Woman's Home of Georgetown, The	95	Amputee Coalition of America	124
Aging and Caregiving Support.....	11, 30, 34, 93	AMTRAK Everyday Discounts.....	127
Aging Life Care Assoc.	31, 32	Aquilino Cancer Ctr., Adventist HealthCare.....	72
Aging Well Eldercare	31	Arbor Place Dementia Care.....	99
Aid and Attendance Benefits		ARCH National Respite	
and Housebound Allowance.....	133	Network and Resource Ctr.	14, 33
Al-Anon / Ala-Teen	78, 124	Archdiocese of Washington	
Alcoholics Anonymous.....	78, 124	Catholic Charities Legal Network.....	103
Alexander Graham Bell Assoc. for the		Arlington Blue Top Cab	132
Deaf & Hearing Impaired	82	Arlington Co. Adult	
Alexandria Aging & Adult		Protective Svcs. (APS).....	44, 67
Service Div's Senior Ctrs.	22	Arlington Co. Aging and Disability Svcs.....	67, 121
Alexandria City Council	68	Arlington Co. Board	67
Alexandria Dept. of Parks & Cultural Activities.....	22	Arlington Co. Comm. Outreach Program.....	39
Alexandria Info.	68	Arlington Co. Dept. of Environment Svcs.	67
Alexandria Office on Aging and Adult Svcs.....	131	Arlington Co. Dept. of Human Svcs.....	68
AlfredHouse Assisted Living.....	99	Arlington Co. Emergency Mental Health Svcs.	112
Alliance for Retired Americans	25	Arlington Co. Fire Dept.	44
ALS Assoc.....	72, 126	Arlington Co. Heating-Cooling Assistance	68
Alzheimer's & Related Dementias		Arlington Co. Housing Div.	68, 94
Education & Referral Ctr. (ADEAR).....	27	Arlington Co. Human Rights Commission.....	41
Alzheimer's and Dementia Support Groups	124	Arlington Co. Info.	67
Alzheimer's Assoc.....	27, 124	Arlington Co. Manager	68
Alzheimer's Fdn. of America.....	27	Arlington Co. Office of Citizen	
American Academy of Ophthalmology	140	and Consumer Affairs	41

Arlington Co. Office of Emergency Management (OEM)	68	Bowie Interfaith Pantry and Emergency Aid Fund...61
Arlington Co. Police Dept.	44	Bradley Hills Village.....
Arlington Co. Public Library Tax Preparation Assistance.....	53	Brain Injury Assoc. of America (BIA).....
Arlington Co. Public Safety Communications and Emergency Management.....	44	Bread for the City.....
Arlington Co. Senior Ctrs.....	22	BrightFocus Fdn
Arlington Co. Walter Reed.....	14	Brooke Grove Retirement Village
Arlington Employment Ctr.	48	Burning Tree Village Inc.....
Arlington Food Assistance Ctr.	62	Bus, The.....
Arlington Gay and Lesbian Alliance (AGLA).....	107	Call 'N' Ride.....
Arlington Neighborhood Village.....	139	Call-a-Bus.....
Arlington Transit (ART)	130	Call-a-Cab.....
Armed Forces Retirement Home.....	133	Capital Area Food Bank.....
Army Distaff – Knollwood Comm.....	133	Capital Caring Health.....
Around Town DC	10, 16, 17, 39, 56, 58	Capital City Nurses.....
Arrive.....	128	Capitol Hill Village
Arthritis Fdn.....	72	Career Gateway (JCA).....
Asbury Comms.....	99	Caregivers Action Network (CAN).....
Asian Pacific American Legal Resources Ctr. (APALRC).....	103, 114	Caring Bridge
Assoc. of Late-Deafened Adults (ALDA).....	82	CaringMatters.....
At Home in Alexandria.....	139	Carlin, The.....
Autumn Lake Healthcare at Oak Manor.....	100	Carroll Manor Nursing & Rehabilitation Ctr.
Ayuda	103	Casa de Maryland, Inc.....
B'nai B'rith Homecrest House.....	99	Catholic Charities
Baltimore Gas and Electric (BGE).....	45	Catholic University of America, The.....
Bannockburn Neighbors Assisting Neighbors (NAN)	138	Ctr. for Hearing and Communication
Bar Fdn. of Montgomery Co.....	103	Ctr. for Workforce Inclusion
Barwood Taxi	132	Ctrs. for Disease Control and Prevention
Bauer Park Apartments.....	99	Ctrs. for Medicare & Medicaid Svcs. (CMS).....
Bender Jewish Comm. Ctr. of Greater Washington (BJCCGW).....	115	Central American Resource Ctr. (CARECEN).....
Benefitcheckup.org.....	29, 79	Charles Houston Senior Ctr.
Bernstein Management Corporation.....	96	Cheverly Village
Bethesda Circulator.....	129	Chevy Chase at Home.....
Bethesda Help.....	61	Chevy Chase House
Bethesda Metro Area Village	138	Children's National Medical Ctr. Volunteer Svcs.....
Bethesda-Chevy Chase Rescue Squad (BCCRS) ...	45	Chinatown Service Ctr.
Better Business Bureau (BBB).....	41	Chinese Culture and Comm. Service Ctr.....
BetterHearing.....	82	Choice Magazine Listening.....
Birmingham Green.....	101	City of Alexandria Adult Day Svcs. Ctr.....
Blinded Veterans' Assoc.	134, 140	City of Alexandria Adult Protective Svcs.
Bone Health and Osteoporosis Fdn.....	77	City of Alexandria Ctr. for Aging and Adult Svcs....
Bookshare.....	140	City of Alexandria Dept. of Comm. and Human Svcs. (DCHS)
		City of Alexandria Dept. of Transportation and Environmental Svcs. (OEQ).....
		City of Alexandria Emergency Mental Health Svcs.....

INDEX

City of Alexandria Financial Assistance Programs	68	DASH	131
City of Alexandria Fire Dept.	45	DAV Volunteer Transportation	128
City of Alexandria Office of Housing	70, 87, 88	DC Assistive Technology Program	118
City of Alexandria Office of Human Rights	41, 69	DC Bar Advice & Referral Clinic	104
City of Alexandria Office on Aging and Adult Svcs.	131	DC Bar LawHelp.org	104
City of Alexandria Police Dept.	45	DC Caregivers' Institute (DCCI)	33, 124
City of Alexandria Public Library's Talking Books Dept.	140	DC Ctr. for Independent Living, Inc.	141
City of Alexandria Redevelopment & Housing Authority	69	DC Ctr. for the LGBT Comm., The	107
City of Alexandria Tax Preparation Assistance	53	DC City Council	63
City of Alexandria Tax Svcs. and Enforcement	53	DC Coalition on Long Term Care (LTC)	25
City of Alexandria Utility, Heating & Cooling Assistance	69	DC Dept. of Aging and Comm. Living (DACL)	17, 47, 56, 57, 59, 63, 88, 119
City of Alexandria Workforce Development Ctr.	48	DC Dept. of Buildings (DOB)	41
CityRidge	96	DC Dept. of Behavioral Health's Access Helpline ..	109
Claridge House	102	DC Dept. of Housing and Comm. Development	87, 88
Clark Construction	132	DC Dept. of Human Svcs.	45
Cleaning for a Reason	87	DC Dept. of Licensing and Consumer Protection (DLCP)	41
Cleveland and Woodley Park Village	135	DC Dept. of Parks and Recreation Senior Svcs. Div. (DPR)	18
Club Memory at Sibley Memorial Hospital	27	DC Earned Income Tax Credit Campaign (EITC)	53, 63
CoGenerate	49	DC Health Insurance Counseling Project (HICP) ..	79
Columbia Lighthouse for the Blind	118, 144	DC Health Link	79
Columbia Road Health Svcs. (CRHS)	36, 109	DC Healthcare Alliance	63
Commission on Law and Aging	103	DC Homeland Security and Emergency Management Agency (HSEMA)	45
Commodity Supplemental Food Program	62	DC Housing Authority	94
Comm. Clinic, Inc. (CCI)	36	DC Hunger Solutions	25
Comm. Connections	109	DC Job Bank Dept. of Employment Svcs.	47
Comm. Legal Svcs. of Prince George's Co.	104	DC LGBTQ+ Comm. Ctr. Support Groups	125
Comm. of Hope	36	DC Long-Term Care Ombudsman Program	26
Comm. Outreach and Development	61	DC Mayor's Office of LGBTQ Affairs	107
Comm. Tax Aid	53	DC Medicaid Dept. of Healthcare Finance	79
Compassion & Choices	51	DC Mental Health Counselors Assoc. (DCMHCA)	109
ConnectorCard	128	DC Metropolitan Police Dept. (MPD)	45
Consumers' Checkbook Magazine	41	DC Metropolitan Police Dept., The Lesbian, Gay, Bisexual and Transgender Liaison Unit (LGBTLU)	107
Corewood Care	31	DC Multi-Door Dispute Resolution Div.	64, 104
Cornerstones Legal Aid	104	DC Office of Human Rights (OHR)	41
Council of Citizens with Low Vision International	140	DC Office of Notary Commissions and Authentications	104
CUE Bus	131	DC Office of Tax and Revenue (OTR)	53
Culpepper Garden	102	DC Office of the Attorney General (OAG)	41
DACL Caregiver Programs	33		
Damascus Help	61		

DC Office of the People's Counsel	41	Fairfax Co. Adult Day Health Care.....	15
DC Office of the Tenant Advocate.....	94	Fairfax Co. Adult Protective Svcs. (APS).....	69
DC Office on Aging Ambassador Program	144	Fairfax Co. Agency on Aging.....	69
DC Public Library	39	Fairfax Co. Board of Supervisors	69
DC Public Library Ctr. for Accessibility	82, 134, 141	Fairfax Co. Connector	131
DC Rx Card	118	Fairfax Co. Consumer Affairs Branch.....	42, 69, 94
DC Senior Advisory Coalition (S.A.C.).....	25	Fairfax Co. Crisis Assistance Program.....	70
DC Subsidized Geriatric Assessment and Care Management	32	Fairfax Co. Dept. of Cable and Consumer Svcs.....	70
DC Telecommunications Relay Service	82	Fairfax Co. Dept. of Housing and Comm. Development.....	70, 94
DC Villages Collaborative	135, 137	Fairfax Co. Dept. of Public Works and Environmental Svcs.....	70
DC Waterfront Village.....	135, 137	Fairfax Co. Dept. of Tax Administration (DTA)	53
Deaf-REACH.....	82	Fairfax Co. Employment Resource Ctrs.	48
Death with Dignity.....	51	Fairfax Co. Executive	70
Defense Health Agency - TRICARE East.....	133	Fairfax Co. Family Caregiver Support Programs.....	33, 121
Dementia Navigators	9, 27, 28	Fairfax Co. Fire and Rescue Dept.....	46
Dental Lifeline Network.....	74	Fairfax Co. Home Repair for the Elderly Program.....	87, 88
Dept. of Human Svcs. (DHS).....	63	Fairfax Co. Info.....	69
Dept. of Motor Vehicles.....	63, 67	Fairfax Co. Library Access Svcs. Branch.....	141
Dept. of Veterans' Affairs Staying Strong Caregivers Program	33	Fairfax Co. Office of Human Rights and Equality..	42
Dept. on Disability Svcs.....	63	Fairfax Co. Office of Emergency Management	46, 70
Depression & Bipolar Support Alliance (DBSA)	113, 124	Fairfax Co. Police Dept.....	46
Described and Captioned Media Program.....	82, 141	Fairfax Co. Public Assistance and Employment Programs	70
District of Columbia Dental Society	74	Fairfax Co. Senior Ctrs.	23, 39
Dominion Virginia Power Outage Ctr.....	45	Fairfax Co. Svcs. for Older Adults.....	70
Door-Thru-Door Assisted Transportation.....	130	Fairfax Detoxification Center	112
Dupont Circle Village.....	135, 137	Fairfax Red Top Cab	132
East Rock Creek Village	135, 137	Fairfax Yellow Cab	132
Easter Seals Adult Day Program	14	Fairfax-Falls Church Co. Comm. Svcs. Board (CSB).....	112
Easter Seals Serving DC MD VA, Inc.	33	Faith North Michigan Park Village.....	137
Edlavitch Jewish Comm. Ctr. of Washington, DC (DCJCC).....	24, 115	Fall Prevention Ctr. of Excellence, University of Southern California Leonard Davis School of Gerontology, The.....	89
Eisai.....	73	Family and Medical Counseling Svcs., Inc.....	37
Elaine Ellis Ctr. of Health (EECH).....	37	Family Caregiver Alliance (FCA).....	33, 124
Eldercare Locator.....	63, 121	Family Medical Counseling Svcs., Inc.....	109
ElderSAFE Ctr. at Charles E. Smith Life Comms.	45	Family Service Fdn. (FSF).....	111
Equality Virginia.....	107	Fast Tran Critical Medical Care.....	130, 131
Ethiopian Comm. Development Council, Inc. (ECDC).....	115	Fenwick Landing Senior Care Comm.	13
Everyday Money Management.....	53	Fire and Emergency Medical Svcs. Dept.....	46
Executive Service Corps (ESC).....	144	Foggy Bottom West End Village	135, 137
Eye Care America	141		
Fairfax Area Home Delivered Meals Program.....	58		

INDEX

Food & Friends	57, 59	Groceries to Go Program.....	59
Forest Oak Towers.....	99	Grocery Plus	62
Fort Washington Food Pantry.....	61	Habitat America.....	101
Foundry Physio and Health	118	Habitat for Humanity	87
Free Clinic	36	Hampshire Village Senior Apartments.....	99
Friends Club Bethesda.....	14	Handicapped Accessibility Improvement Program (HAIP).....	88
Friends House.....	99	HealthCare.gov.....	81
Friendship Heights Neighbors Network	138	HealthWorks for Northern Virginia.....	37
Friendship Heights Village Ctr.	21	Hearing and Speech Ctr.	83
Friendship Place.....	37, 47, 144	Hearing Loss Assoc. of America	82
Gaithersburg Help	61, 129	Hebrew Home of Greater Washington.....	99
Genevieve N. Johnson Senior Day Care Ctr.....	13	Helping Hands Adult Day Svcs.	14
George Mason University School of Law Clinics..	104	Herndon Village Network	139
George Washington University Comm. Counseling Svcs. Ctr. (CCSC).....	109	Hirsh Health Ctr.....	37
George Washington University Hospital.....	90, 125	Holy Cross Caregiver Resource Ctr.	35
George Washington University Jacob Burns Comm. Legal Clinics	104	Holy Cross Health Senior Svcs.	21
George Washington University Law School Health Rights Law Clinic.....	79	Holy Cross Home Care and Hospice	50
George Washington University Medical Faculty Associates House Call Program.....	91	Holy Cross Hospital	14, 90, 111, 125
George Washington University School of Law Health Rights Law Clinic.....	105	Home Care Partners	85
George Washington University Speech & Hearing Ctr.....	82	Home Improvements and Structural Alterations (HISA).....	89, 133
Georgetown Home Care.....	84, 85	HopeLink Behavioral Health	45, 112
Georgetown Lombardi Comprehensive Cancer Ctr.	72	HopeOneSource	94, 105
Georgetown University Law School Clinics	104	Hospice and Palliative Care Network of Maryland	51
Georgetown Village.....	135, 137	Hospice Fdn. of America (HFA)	51
Gilday Renovations	88	House of Lebanon	95
Glaucoma Fdn. (TGF), The.....	125, 141	Housing Authority	63
Glen Echo Park (National Park Service)	21	Housing Opportunities Commission of Montgomery Co.....	65, 94
Glickman Design Build.....	88	Howard University College of Dentistry.....	74
Glover Park Village.....	135, 137	Howard University Hospital.....	90, 109, 144
Go Go Grandparent.....	128	Howard University School of Law Clinical Law Ctr.	105
Golden Rule Plaza	95	Howard University Speech & Hearing Clinic	83
Goodwin House Bailey's Crossroads	102	Hunters Park at Cherrydale.....	102
Goodwin Living Alexandria	102	Hyattsville Aging in Place	138
Grand Oaks Senior Living Residence	95	Idealist.....	144
Greater Baden Medical Svcs. (GBMS)	37, 111	Imago Ctr. of Washington, DC, The.....	110
Greater Brookland Intergenerational Village	137	IMALIVE Mental Health Fair	109
Greater Olney Rides	129	Independence Now, Inc.....	88
Greater Stonegate Village.....	138	Ingleside at King Farm.....	100
GRF CPAs & Advisors.....	52	Inova Alexandria Hospital.....	90
		Inova Fairfax Medical Campus.....	90
		Inova Hospital Behavioral Health Svcs.....	113
		Inova Hospital Palliative Care Program	50

Inova Hospitals' Support Groups.....	125	Leading Age Virginia.....	51
Inova Schar Cancer Institute, Fairfax.....	72	Legal Aid Society of the District of Columbia.....	105
Insight Memory Care Ctr.....	15	Legal Counsel for the Elderly (LCE).....	103, 105
Inspir Embassy Row.....	92, 97	Legal Svcs. of Northern Virginia (LSNV).....	105
Insurance Institute for Driver Safety (IIHS).....	43	Lewy Body Dementia Assoc. (LBDA).....	27
Interim Star.....	130	Lighthouse Guild.....	141
Internal Revenue Service (IRS).....	54	Lisner-Louise-Dickson-Hurt Home.....	97
Iona Citizens Advisory Group (CAG).....	25	Little Falls Village.....	138
Iona Counseling and Psychotherapy Svcs.....	108	Live and Learn Bethesda.....	21
Iona Senior Svcs.7, 8, 17, 28, 33, 34, 39, 56, 58, 59		Lotsa Helping Hands.....	35
..... 108, 117, 119, 122, 123, 140, 143		Low Vision Ctr.	141
J.W. King Senior Ctr.	97	Low-Income Home Energy Assistance Program	
JBI International Telephone.....	141	and Utility Discount Program (LIHEAP).....	64
JCA Connect-A-Ride.....	129, 130	Lyft.....	128
JCA Escorted Transportation.....	129	Macular Degeneration Partnership.....	141
JCA Senior Helpline.....	120	Magnolia Programs.....	73
Jeanne Jugan Residence.....	97	Manna Food Ctr.....	61
Jewish Council for		Manor Connections.....	138
the Aging (JCA).....	48, 85, 115, 120, 144	MARC.....	127
Jewish Social Svcs.		Marigold at 11th Street, The.....	97
Agency (JSSA).....	48, 50, 52, 85, 115, 121	Marjorie Dick Stuart.....	93
Johns Hopkins Care at Home.....	118	Marshfield Associates.....	54
Johns Hopkins Driving Program.....	43	Maryland Attorney General.....	42
Joseph Gawler's Sons, LLC.....	52	Maryland Cash Campaign.....	54
JSSA Aging in Place.....	32, 52, 120	Maryland Comptroller.....	54
JSSA Employment Svcs.	48	Maryland Dept. of Disabilities.....	89
JSSA Hospice.....	50	Maryland Dept. of Housing and Comm. Development	
Julia Bindeman Suburban Ctr.....	24	Accessible Homes for Seniors Program.....	89
Just That Simple.....	86	Maryland Dept. of Human Svcs.	64
Kensington Bethesda, The.....	100, 101	Maryland Div. of Rehabilitative Svcs. (DORS).....	64
Kensington Club Gorlitz Social Day Program.....	14	Maryland Health Benefit Exchange (MHBE).....	79
Kensington Falls Church, The.....	101, 102	Maryland Legal Aid.....	105
Kensington Park Senior Living.....	100, 101	Maryland Long-Term Care Ombudsmen	
Kensington Reston, The.....	101, 102	and Area Agencies on Aging.....	26
Kibar Halal Nutrition Ctr.....	116	Maryland Rx Card.....	118
King Cab Company.....	132	Maryland Telecommunications Relay Service.....	83
Kingdom Care Senior Village.....	136, 137	Mayor's Office on Volunteerism	
Knollwood Military Retirement Residence.....	97	and Partnerships (Serve DC).....	144
Korean American Senior Citizen Assoc.....	114	Mayor of the District of Columbia.....	64
Korean Comm. Service Ctr.		MBI Health Svcs., LLC.....	110
of Greater Washington.....	39, 114	MC311.....	64
Kuehner Place Shelter for		McClendon Ctr., The.....	110
Abused and Neglected Elderly.....	46	Meals on Wheels.....	57, 58
La Clinica del Pueblo.....	38, 109	Medical Equipment Loan Closet.....	117
Lake Barcroft Village, Inc.....	139	Medicare Resource Ctr.	79
Lambda Legal.....	105	Medicare.gov.....	81
Landow House.....	100		

MedStar Georgetown Hospital Behavioral Health.....	110
MedStar Georgetown University Hospital Volunteer Services.....	144
MedStar Georgetown University Medical Ctr.....	90
MedStar Health Outpatient Behavioral Health At Trinity Square.....	110
MedStar House Call Program.....	91
MedStar Montgomery Medical Ctr.....	90, 111
MedStar National Rehabilitation Hospital.....	90
Medstar Washington Hospital Ctr.....	50, 83, 90
Mental Health America.....	113
Mental Health America of Virginia.....	113
Metro Area Gender Identity Connection of Washington DC (MAGIC DC).....	107
Mid-Atlantic Aging Life Care Assoc.....	32
Military One Source.....	54
Mill Creek Village.....	138
Miriam's Kitchen.....	32
Mission of Love Charities.....	39
Montgomery Co. 24-hour Crisis Ctr.....	111
Montgomery Co. Adult Behavioral Health Program.....	111
Montgomery Co. Adult Protective Svcs. (ASP).....	65
Montgomery Co. Aging & Disability Resource Unit.....	120
Montgomery Co. Aging & Disability Svcs. Resource Unit Dept. of Health and Human Svcs.....	65
Montgomery Co. Alternative Dispute Resolution (ADR).....	65
Montgomery Co. Circuit Court.....	105
Montgomery Co. Council.....	65
Montgomery Co. Dept. of Finances and Taxes.....	54
Montgomery Co. Dept. of Health and Human Services.....	65
Montgomery Co. Dept. of Housing and Comm. Affairs.....	89
Montgomery Co. Design for Life.....	89
Montgomery Co. Executive.....	65
Montgomery Co. Fire and Rescue Service.....	46
Montgomery Co. Housing Opportunities Commission.....	65, 94
Montgomery Co. Library.....	141
Montgomery Co. Long-Term Care Ombudsman ..	26
Montgomery Co. Low-Income Home Energy Assistance Program and Utility Discount Program.....	65
Montgomery Co. Medicaid.....	79
Montgomery Co. Office of Consumer Protection (OCP).....	42
Montgomery Co. Office of Emergency Management and Homeland Security.....	46, 65
Montgomery Co. Office of Human Rights.....	42
Montgomery Co. Police Dept.....	46
Montgomery Co. Recreation Senior Centers....	21, 40
Montgomery Co. Senior Mental Health Program..	111
Montgomery Co. Senior Nutrition Program.....	59
Montgomery Co. Senior Site.....	94
Montgomery Co. Senior Svcs.....	65
Montgomery Co. State Health Insurance Assistance Program.....	79
Montgomery Co. Stroke Assoc., Inc.....	77, 125
Montgomery Co. Volunteer Center.....	144
Montgomery Hospice & Prince George's Hospice..	50
Motor Vehicles Administration.....	64
Mount Pleasant Village.....	136, 137
Mount Vernon At Home.....	139
Multi-Door Dispute Resolutions Program.....	64, 104
Muslim Comm. Ctr. (MCC).....	116
Narcotics Anonymous (NA) of the Chesapeake & Potomac Region.....	78, 125
National Academy of Elder Law Attorneys (NAELA).....	105
National Alliance for Care at Home.....	51
National Alliance for Caregiving (NAC).....	35
National Alliance on Mental Illness (NAMI).....	113
National Asian Pacific Ctr. on Aging (NAPCA)....	114
National Assoc. for Continence.....	78
National Assoc. for Hispanic Elderly.....	49, 116
National Assoc. of of Productivity and Organizing...86	
National Assoc. of Specialty & Senior Move Managers.....	86
National Assoc. of the Deaf (NAD).....	83
National Brain Injury Info. Ctr.....	74
National Cancer Institute (NCI).....	72
National Caucus & Ctr. on Black Aging, Inc. (NCBA).....	25, 49, 114
National Ctr. on Deaf-Blindness (NCDB).....	142
National Committee to Preserve Social Security and Medicare.....	25
National Council on Aging (NCOA).....	26, 49, 79
National Domestic Violence Hotline.....	46
National Experienced Workforce Solutions.....	49
National Federation of the Blind.....	142

National Heart, Lung, and Blood Institute	72, 75, 76	Pension Rights Ctr.	106
National Hispanic Council on Aging (NHCOA)....	26	People’s Law Library of Maryland.....	106
National Hispanic Latino Assoc. of the Deaf	83	PEPCO Emergency Power Outage Ctr.....	46
National Indian Council on Aging	26, 116	Positive Aging Sourcebook.....	94
National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS).....	72, 77	Potomac Comm. Village	139
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).....	74, 76, 78	Potomac Home Health Care and Home Support ...	85
National Institute on Deafness and Info.	83	Pozez Jewish Comm. Ctr. of Northern Virginia....	115
National Institute on Drug Abuse (NIDA).....	78	Prevention of Blindness Society of Metropolitan Washington.....	142
National Institutes of Health		Primary Care Coalition of Montgomery Co., Silver Spring Low Cost Clinic.....	38
National Eye Institute.....	142	Prime Timers of Washington, DC.....	107
National Kidney Fdn. (NKF)	76, 125	Prince George’s Co. Adult Protective Svcs.....	66
National Library of Medicine – Ostomy	77	Prince George’s Co. Aging and Disabilities Svcs. Div. Resource Ctr.....	66
National Library Service for the Blind and Physically Handicapped (NLS).....	142	Prince George’s Co. Alternate Dispute Resolutions (ADR) Program	66
National Long-Term Care Ombudsman Resource Ctr.....	105	Prince George’s Co. and HIP Housing Rehabilitation Assistance Program.....	89
National Multiple Sclerosis (MS) Society.....	76, 125	Prince George’s Co. Comm. Crisis Svcs., Inc. (CCSI)	111
National Network to End Domestic Violence.....	105	Prince George’s Co. Council.....	66
National Presbyterian Church	24	Prince George’s Co. Dept. of Family Svcs. Older Adult Svcs. Div.	121
National Resource Ctr. on Supportive Housing and Home Modification.....	89	Prince George’s Co. Dept. of Food Assistance Program.....	61
National Sexual Assault Hotline.....	46	Prince George’s Co. Dept. of Health	66, 79, 112
National Stroke Assoc.....	77, 125	Prince George’s Co. Dept. of Parks and Recreation	21, 40
National Veterans Legal Svcs. Program (NVLSP).)	105	Prince George’s Co. Dept. of Social Svcs.....	66
Nehemiah Intergenerational Village	137	Prince George’s Co. Energy Assistance Program....	66
Neighborhood Health	38, 74	Prince George’s Co. Executive.....	66
Neighborhood Legal Svcs. Program.....	106	Prince George’s Co. Housing Authority.....	67, 94
New Covenant Church Fellowship Senior Ctr.....	114	Prince George’s Co. Human Relations Commission	42
North Capitol at Plymouth.....	97	Prince George’s Co. Info.	66
North Chevy Chase Connections	138	Prince George’s Co. Library Accessibility Svcs.	142
Northern Virginia Dental Clinic.....	74	Prince George’s Co. Office of Emergency Management.....	67
Northern Virginia Long-Term Care Ombudsman.	26	Prince George’s Co. Office of Finance	55
Northern Virginia Resource Ctr. for	83	Prince George’s Co. One-Stop Career Ctr.	48
Northwest Neighbors Village	136, 137	Prince George’s Co. Senior Health Insurance Program.....	79
Office of the People’s Counsel	64	Prince George’s Co. Senior Nutrition Program.....	59
Office of the People’s Counsel (Maryland).....	66, 67	Prince William Co. Area Agency on Aging.....	121
Office of the Tenant Advocate.....	64	Probate Self-Help Ctr.....	106
Orchestrated Moves LLC	86	Produce Prescription Program.....	60
Osher Lifelong Learning Institute of American University (OLLI).....	20	Professional Healthcare Resources	50
Palisades Village	136,137		
Parkinson’s Fdn. of the National Capital Area (PFNCA)	77, 125		
Pennsylvania Avenue Village East, Inc.....	136		

INDEX

Providence Health Svcs. Outpatient Behavioral Health.....	110	Silver Spring Van Go.....	129
Providence Health System Ctr. for Geriatric Medicine.....	91	Silver Spring Village.....	139
PSI Svcs. III Inc.....	13	Single Family Residential Rehabilitation Program (SFRRP).....	87, 88
Public Service Commission.....	64, 66	SmithLife Homecare.....	86
Rebuilding Together.....	87, 89	Smithsonian Associates.....	20
Red Top Cabs.....	132	So Others Might Eat (SOME).....	20, 32, 38, 110, 120
Regency Senior Advisors LLC.....	95	Somerset Helping Hand.....	139
Regency Taxi.....	129	Southeast Ctr.....	36, 59
Residences at Thomas Circle, The.....	98	Spanish Catholic Ctrs.....	60
Reston for a Lifetime.....	139	Specialized Transit for Arlington Residents (STAR).....	130
Retired & Senior Volunteer Program (RSVP).....	144	St. Jude's Project, Catholic Charities Archdiocese of Washington, DC.....	75, 76, 77
Revitz House.....	100	St. Martin de Porres Senior Ctr.....	22
Ride-On Montgomery Co. Transit.....	129	St. Mary's Court.....	97
Ring House.....	100	St. Paul's Lutheran Church.....	24
Road Scholar.....	24	State Health Insurance Assistance Program (SHIP).....	29
Road to Recovery.....	128	Sterling Care Rockville Nursing.....	100
Roadside.....	97	Stoddard Baptist Global Care, Inc.....	98
Rockville Senior Svcs.	59	Suburban Hospital.....	51, 91, 112
Rx Partnership in Virginia.....	118	Sunrise on Connecticut Avenue.....	98
Safe at Home.....	88	Super Senior Taxi (SST).....	131
Salvation Army National Capital.....	60	Supplemental Nutrition Assistance Program (SNAP).....	62
SAMHSA Treatment Locator.....	78	Support Groups.....	122, 123
Santé Group.....	112	Tahirih Justice Ctr.....	106
Sarah's Circle.....	97	Taxi Transportation.....	132
Seabury at Friendship Terrace.....	97	Tax Counseling for the Elderly (TCE).....	55
Seabury At Home First Residences.....	97	Taxpayer Advocate Service Office.....	54
Seabury at Springvale Terrace.....	101	Taxpayer Assistance Ctrs. (TAC).....	54
Seabury Care Management.....	32	Temple Micah.....	24
Seabury Resources for the Aging.....	87, 119, 121, 128, 142, 145	Transport DC.....	128
Seasoned Adults Growing Educationally (SAGE).....	22, 40	Transportation Options, Programs & Svcs. (TOPS).....	131
Senior Comm. Service Employment Program (SCSEP).....	48	Triangle Club, The.....	107
Senior Connection of Montgomery Co.....	129	TRICARE.....	29, 71, 81
Senior Farmer's Market Nutrition Program.....	62	U.S. Consumer Product Safety Commission.....	42
Senior Loops - Grocery Shopping.....	130	U.S. Dept. of Education Independent Living Svcs. for Older Individuals Who Are Blind.....	142
Senior Svcs. of Alexandria (SSA).....	58	U.S. Dept. of Health and Human Svcs.	74, 75
Seniors Helping Seniors.....	85	U.S. Dept. of Labor Career One-Stop.....	49
Service Corps of Retired Executives (SCORE).....	145	U.S. Dept. of Veterans Affairs....	29, 38, 49, 71, 81, 133
Shepherd's Ctrs.....	130, 131	U.S. House of Representatives.....	71
Sheppard Pratt Psychiatric Urgent Care.....	112	U.S. Senate.....	71
Sibley Memorial Hospital.....	27, 51, 91, 110, 125, 145	U.S. Social Security Administration.....	29, 71
Sibley Senior Assoc.....	20		

U.S. Telecommunications Relay Service (TRS).....	83	Virginia Relay Ctr.	83
Uber	128	Virginia Workforce Connection	49
UDC Senior Companion/Respite		Virginia's Insurance Marketplace	81
Aide Program	35, 145	Virtual 50+ Employment Expo (JCA)	49
United Comm.	49	Visionary Store, The.....	143
United Comms. Against Poverty	62	VisionAware.....	143
United Ostomy Assoc.s of America (UOAA).....	77	VITAS Healthcare.....	51
UnitedHealthcare Dual Complete	80	Volunteer Income Tax	
Unity Health Care Ctr.....	38	Assistance (VITA)	53, 55
University Legal Svcs. (ULS) for the		Volunteer Opportunities.....	143
District of Columbia	95	Walter Reed National	
University of the District of Columbia (UDC)..	20, 106	Military Medical Ctr.....	91, 133
USAgging.....	26	Washington Ear.....	83, 141
Veterans Administration – Home Improvements		Washington Hebrew Congregation.....	24
and Structural Alterations.....	89, 133	Washington Home, The	98
Veterans Affairs Medical Ctr.	51, 91, 133, 145	Washington Home Ctr. at Iona	
Veterans Affairs Vision Care	134, 142	Congress Heights.....	13
VetsRide.....	128	Washington Hospital Ctr.	
Via	128	Support Group	126
Victory Heights.....	98	Washington Lawyers' Committee for	
Victory Housing.....	101	Civil Rights & Urban Affairs.....	106
Victory Square Senior Apartments.....	98	Washington Legal Clinic for the Homeless.....	106
Vida Senior Ctrs.....	20, 60, 116, 120	Washington Metro Oasis	22
Vida Senior Residences at Brightwood.....	98	Washington Metropolitan Area	
Vietnamese-American Svcs. (VAS)	114	Transit Authority (WMATA).....	128
Village at Rockville, The.....	101	Washington Non-Emergency	
Village of Takoma Park.....	139	Transportation (MTM)	127
Villages of Kensington	139	Washington VA Medical Ctr.	133
Virginia Attorney General Consumer Protection...	42	Waterfront Village	135, 137
Virginia Career Works Fairfax Annandale Ctr.	49	WC Smith.....	134
Virginia CommonHelp	67	We Care Adult Day Care Ctr.....	14
Virginia Dept. for Aging and		Wellness & Arts Ctr. at Iona Tenleytown.....	13
Rehabilitative Svcs. (DAR).....	81	Wendt Ctr. for Loss & Healing.....	110, 125
Virginia Dept. for the Blind and Vision Impaired.	143	Whitman-Walker Health.....	38, 75, 106, 107, 126
Virginia Dept. for the Deaf		Winter Growth, Inc.....	14
and Hard of Hearing.....	83	WMATA Metro Access.....	128
Virginia Dept. of Medical		Women's Ctr., The.....	110, 126
Assistance Svcs. (DMAS).....	127	Women's Institute for a Secure	
Virginia Dept. of Taxation	55	Retirement (WISER).....	26
Virginia Drug Card.....	118	Woodland Hill.....	102
Virginia Hospital Ctr.....	91	Woodley House.....	99, 110
Virginia Housing	89	Worksource Montgomery	48
Virginia Insurance Counseling		Yellow Cab Company of DC.....	132
& Assistance Program (VICAP)	55, 81	YMCA.....	20
Virginia Legal Aid.....	106	Your Life Simplified, LLC.....	87
Virginia Navigator	35	YWCA.....	20
Virginia Railway Express (VRE)	128		



Iona Senior Services helps older adults and caregivers navigate the challenges and opportunities of aging through education, advocacy, and community-based services.

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