

Resource Guide



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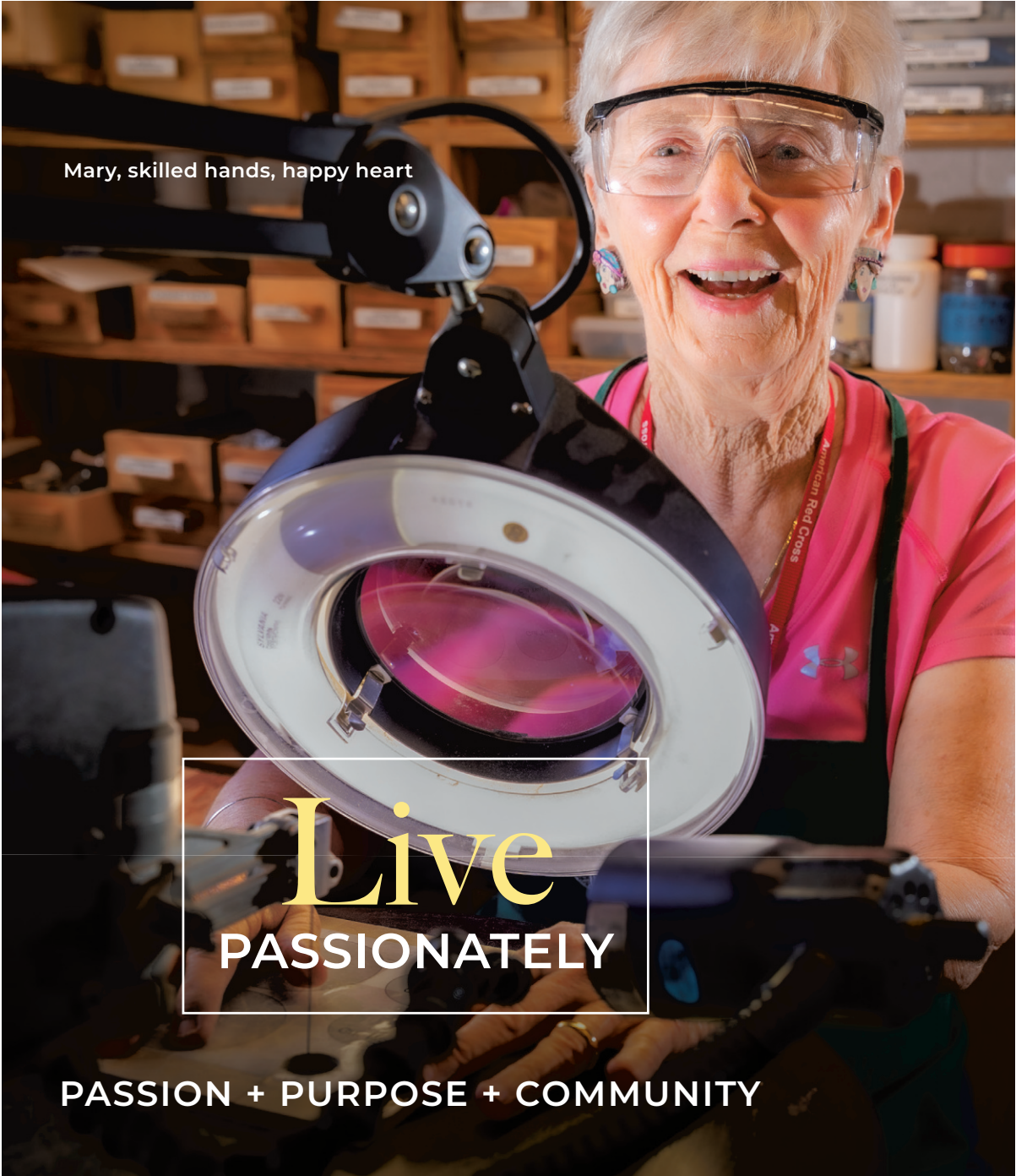
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Carroll County Bureau of Aging & Disabilities

125 Stoner Avenue, Westminster, MD 21157
410-386-3800 | FAX: 410-840-0436
Md. Relay: 711 / 800-735-2258
www.carrollcountymd.gov/aging-and-disabilities



The Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, Veterans, and those who care for them.

Celene Steckel, Director, Department of Citizen Services

Gina Valentine, Bureau Chief, Bureau of Aging & Disabilities

Richard Ottone, Community Services Supervisor

Roberta Lawrence, Client Services Supervisor

Lindsay Davis, Fiscal Manager

The Bureau of Aging & Disabilities is responsible for a wide range of programs and services for older adults (60 +), individuals with disabilities, Veterans and those who care for them. Combined federal, state, and county funding support essential services for Carroll's older adults, people with disabilities, and Veterans. Programs and activities are offered regardless of race, creed, or national origin. Many programs are offered free of charge. Other programs require small fees and all programs accept donations to help defray costs.



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*Wes Moore, Governor
Rafael Lopez, Secretary
Vicky Kretzer, Director*

Project Home Program

Project Home is a program that provides housing to adults who need supervision and assistance with activities of daily living and who are unable to live by themselves. Project Home providers offer care in their own homes to one to four residents who have a disability. Providers must be certified by the local department of social services

****We are currently recruiting for homes to become licensed Project Home Providers - please call 410-386-3420 for more information.**

Family Investment Programs

Food Supplement Program
Temporary Disability Assistance
Medical Assistance
Temporary Cash Assistance
Emergency Assistance to Families with Children

**Apply for benefits online <https://mydmthink.maryland.gov/home/#/>
Or call 1-800-332-6347 or 410-386-3300**

Mission

As a member of the community, we will provide services which promote financial independence, strengthen family stability, and promote a safe and healthy environment for children and vulnerable adults.

Vision

We envision a community where people independently support themselves and their families, and where individuals are nurtured and protected.

Adult Services Programs:

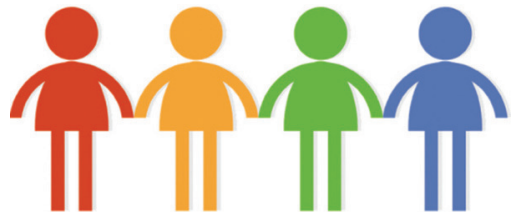
Programs for individuals 18 and over

Adult Protective Services
Crisis Intervention
Social Services to Adults
In Home Aide Services Program
Respite Care Program
Guardianship Program
Information and Assistance

Please call 410-386-3434 to make a referral for services

Carroll County Department of Social Services

"We Accomplish Great Things Together"



Office Hours Monday-Friday 8:00 a.m. - 4:30 p.m.
1232 Tech Court Westminster, MD 21157
<http://dhs.maryland.gov/local-offices/carroll-county/>



A MESSAGE FROM THE DEPARTMENT

The Department of Citizen Services is pleased to present the 2024-2025 Aging & Disabilities Resource Guide. The Carroll County Bureau of Aging & Disabilities is a Maryland Access Point (MAP) site serving older adults, adults with disabilities, Veterans and their caregivers. Our goal is to help individuals identify programs and services to meet their distinct needs to assist them with aging in the setting of their choice.

This guide provides valuable information from government assistance agencies, local businesses and our non-profits. Whether you need to identify home care services, local healthcare facilities, transportation and housing options, Veteran resources or information about your local Senior & Community Center, our experienced staff are here to help. Please call (410) 386-3800 for assistance in navigating the long-term services and supports delivery system for you or your loved one.

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All entries are based on responses from businesses, agencies, organizations and individuals serving Carroll County. The Carroll County Bureau of Aging & Disabilities does not assume responsibility for data provided by them, and the listings may not represent all the businesses and organizations serving older adults. If you would like to be considered for a listing in future resource guides, please contact the Bureau of Aging & Disabilities at ccboa@carrollcountymd.gov to be added to the mailing list. Carroll County retains sole discretion to decide which entities or individuals will be included. Advertisements in this publication help underwrite the costs. Carroll County does not endorse or warrant the services or products that are advertised.



Celene E. Steckel
Director
*Department of
Citizen Services*



Gina Valentine
Bureau Chief
*Bureau of Aging
& Disabilities*

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best
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— BETTY THOMAS, RESIDENT



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clvillage.org/scheduletour



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Westminster, MD 21158



SERVICES PROVIDED BY THE BUREAU OF AGING & DISABILITIES



Maryland Access Point (MAP)/Information & Assistance is a resource for information and assistance about long-term services and supports, particularly for older adults and individuals with disabilities. If you or someone you know needs community services to avoid a nursing home stay or help with shopping, chores or personal assistance because of a disability, MAP is a gateway, guide and a single-entry point to long term services and programs within the Bureau of Aging & Disabilities and other service providers in Carroll County.

Referrals are made to supporting services and community agencies. Information is available concerning care giving, housing options, medicine costs, transportation and legal problems, as well as other topics.

Although the main office is located at the Carroll County Bureau of Aging & Disabilities, satellite offices are located at each senior center. A MAP Information & Assistance program staff member visits the Senior & Community Centers on a monthly basis, excluding July and December. Scheduled appointments are appreciated, but walk-ins are accepted. Please call our office at 410-386-3800 for the schedule of Senior & Community Center visits. Home visits can be made for those considered homebound.

As a MAP agency, the Bureau of Aging & Disabilities can connect individuals with services about ...

- Housing Options
- Caregiver Resources
- Veterans Services
- Case Management Services for Veterans
- Medical Transportation for Veterans
- Maryland Energy Assistance
- Renters' Tax Credit
- Homeowners' Tax Credit
- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Food Resources
- Medicare Prescription Drug
- Transportation
- Long Term Care Options
- Home & Community Based Services
- Chronic Disease Self-Management Programs
- Volunteer Opportunities
- Referrals to Community Service Providers
- And More!

CENTER FOR INDEPENDENT LIVING

The Freedom Center
Serving Carroll and Frederick Counties
301-846-7811

The Freedom Center is a Center for Independent Living that provides assistance and advocacy to help individuals with disabilities lead independent and productive lives. The Freedom Center provides services to individuals residing in Carroll and Frederick Counties.

Services provided:

- Individual and systems advocacy
- Information and referral
- Peer counseling
- Independent living skills training
- Nursing Home transition
- Employment Services under the Ticket to Work program
- Assistive Technology
- Home & Vehicle Modification
- Support for youth transitioning from school to adult life
- Benefits planning

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The focus of this program is on individuals serving as caregivers in our community. The program is designed to assist caregivers who are caring for family members over the age of 60, and grandparents or other older relatives who are raising grandchildren under the age of 18. Assistance provided by the program includes information/resources, referrals to community programs and limited financial help to provide supplies and respite care. Support groups and annual conferences for caregivers and grandparents/older relatives raising grandchildren are also available.

SENIOR CARE PROGRAM

The purpose of the program is to help older adults remain in their homes. Senior Care serves moderate to severe physically impaired persons 65 years or older who are at risk of entering nursing homes. Senior Care provides screening, assessment, case management, and financial subsidies. The financial subsidies can help purchase personal care, chore services, home delivered meals, life emergency response systems, medication and medical supplies.

SENIOR ASSISTED LIVING SUBSIDY PROGRAM

Funds are available to subsidize low-income persons, 62 years and older, living in or transitioning to an assisted living facility in Carroll County. The Subsidy provides financial assistance for individuals to access needed assisted living services. Applications for subsidies are received and evaluated by the Carroll County Bureau of Aging & Disabilities.



CARROLL COUNTY'S

Housing and Community Development

10 Distillery Drive, Suite 101, Westminster, Maryland 21157

Offering safe and affordable housing options in Carroll County

Housing Choice Voucher Program (Section 8)

Providing rental assistance to income-eligible applicants helping them afford a better place to live or assist with paying a portion of the monthly rent where the family currently is living. A family consists of one or more household members. Household income must meet federal income guidelines.

Thrive: A Family Self-Sufficiency Program (FSS) by Carroll County

Do you want to plan for your future and successfully support your family? Do you want to learn how the Bureau of Housing can start and build a savings account for you? Are you interested in one day owning your own home? The THRIVE Program helps families with Housing Choice Vouchers connect with resources for education, training, and employment.

First Time Home Buyers

First time home buyers' programs designed to increase the home ownership rate, especially among lower income and minority households.

**Are you facing challenges that make it hard to find a place to live or stay in your home?
Carroll County's Housing Stability Coordinators can help!**

Services available include:

- Help with looking for a place to live
- Access to emergency sheltering
- Referrals to community resources for health needs and jobs
- Providing information about Housing Choice Vouchers and other programs
- Help completing paperwork for rental assistance and other benefits
- Budgeting support to help you take control of your money
- Education about your rights and referrals to legal services if you've faced housing discrimination
- Access to special resources and programs for youth 18 to 24 years old

410-386-3600

<https://www.carrollcountymd.gov/government/directory/citizen-services/housing-community-development/general-information/>

ACCESSIBILITY NOTICE: The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/ 1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@carrollcountymd.gov.



SERVICES

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

Trained health insurance counselors are available on an appointment basis to help older adults, age 60 and older and younger Medicare beneficiaries, with questions and problems regarding:

- Medicare
- Medigap
- Health Maintenance Organizations (HMO's)
- Long Term Care
- Qualified Medicare Beneficiary
- Pharmacy Assistance

SENIOR MEDICARE PATROL (SMP)

Project SMP is an anti-health care fraud, waste and abuse project administered by the Maryland Department of Aging through the U.S. Department of Health and Human Services and the Administration on Community Living. The SMP mission is to increase awareness of health care fraud, waste and abuse and to mobilize national, state, and community resources to work together in resolving and publicizing health care fraud concerns for older adults.

TRANSPORTATION

Transportation services and tickets are available through the Carroll Transit System, Operated by Ride with Us, by calling 410-363-0622. For those 60 years of age or older, and adults 18+ with a disability, limited tickets are available by donation or at a reduced cost, at the Bureau of Aging & Disabilities or at the Senior & Community Centers located throughout Carroll County. For more information, call 410-386-3800.

HOME AND COMMUNITY BASED SERVICES PROGRAMS COMMUNITY OPTIONS (CO) WAIVER

The Community Options Waiver (CO) serves individuals who are medically, technically and financially eligible for Medicaid Waiver services who have been transitioned or diverted from a nursing facility. Eligible individuals must be age 18 years or over, require a nursing facility level of care, choose to receive services in the community and have a cost neutral plan of services that supports the individual to safely live in the community.

CO Waiver offers:

- Assisted Living
- Medical Day Care
- Nutritionist/Dietician
- Family Training
- Behavioral Consultation
- Senior Center Plus
- Personal Assistance Services
- Supports Planning/Case Management
- Nurse Monitoring
- Consumer Training
- Home delivered Meals

- Assistive Technology
- Accessibility Adaptations
- Environmental Assessments
- Personal Emergency Response Systems (PERS)
- Voluntary training for participants
- Transition Services

COMMUNITY FIRST CHOICE (CFC)

The Affordable Care Act created a program called Community First Choice (CFC), which provides states the option to offer certain community-based services as a state plan benefit to individuals who meet an institutional level of care. There is no wait list for services through the CFC program.

CFC offers:

- Personal Assistance Services
- Supports Planning/Case Management
- Nurse Monitoring
- Consumer Training
- Home delivered Meals
- Assistive Technology
- Accessibility Adaptations
- Environmental Assessments
- Personal Emergency Response Systems (PERS)
- Voluntary training for participants;
- Transition Services

Services are provided in the individual's home or community residence by agency employed providers. The program does not have age, cost neutrality or enrollment limitations.

LONG TERM CARE OMBUDSMAN PROGRAM (LTCOP)

The Long-Term Care Ombudsman Program (LTCOP) is a federally mandated program charged with upholding the rights of residents in nursing homes and assisted living facilities.

An Ombudsman...

- Knows residents' rights and can provide information about residents' rights to residents, family members and staff members
- Takes complaints and seeks to resolve complaints made by or on behalf of residents in nursing homes and assisted living facilities
- Protects the confidentiality and privacy of residents, their families and others who contact the LTCOP
- Promotes the quality of life and care in nursing homes and assisted living facilities
- Encourages self advocacy by providing information, assistance and support
- Provides information to the public on nursing homes, assisted living facilities, resident's rights, legislative/policy issues and LTCOP services
- Provides in-services to long term care facilities and community agencies/groups about Residents' Rights, Elder Abuse and Restraints



Caregivers of Older Adults Support Group:

Come and join our Caregiver Support Group Meetings where you will:

- Be part of a warm and accepting atmosphere
- Engage in meaningful conversations
- Participate in group discussions on relevant topics related to caregiving
- Find out about ways to ease caregiver stress
- Get resources available to you in our community

**Meets second Tuesday from 4:30 to 6pm
at Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster**

“The Caregiver support group has been invaluable for the support and friendship it provides. As I care for my wife with Alzheimer’s I know that I am not alone in this journey.”

Grandparents and Older Relatives Raising Grandchildren Support Group:

Grandparents and Older Relatives Raising Grandchildren Support Group:

Welcome to the judgement free zone where Grandparents and Older Relatives raising their grandchildren can come together and work through their struggles while in a caring and trustworthy environment. You will gain insight from each other, build strong connections, and receive community resources.

**Meets second Wednesday from 5:30 to 7pm
at Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster**

“The Grandparent support group is something I look forward to each month. Not only am I able to gain valuable information and resources that help with my raising my grandson, but I have connected with members of this group as extended family. I know I am not alone in this journey.”

For more information regarding additional benefits provided by the National Family Caregiver Support Program contact The Bureau of Aging & Disabilities at 410-386-3800.

SERVICES

- Supports Resident and Family Councils
- Promotes community involvement through volunteer opportunities

For more information about the LTCOP or to obtain information about nursing homes or assisted living facilities in Carroll County, please contact the Long-Term Care Ombudsman Program.

LEGAL AID SERVICES

The Legal Aid Bureau provides legal assistance, advice, information, and referrals to anyone age 60 and older. Paralegal or attorney services are offered on a rotating basis at Carroll County Senior and Community Centers each month. The service is free and offered on a first come, first serve basis. Call the Bureau of Aging & Disabilities or contact your local Senior & Community Center for a schedule.

Additional legal aid staff and attorneys serve Carroll County citizens 60 + from their main office in Frederick and on additional days in Carroll County as needed. You may reach the Legal Aid Bureau at 1-800-679-8813, Tuesday – Friday from 9:00 am to 12:00 pm.

GUARDIANSHIP PROGRAM

Carroll County's Bureau of Aging & Disabilities serves as the designated Guardian of last resort for individuals age 65 and over who are unable to manage their own affairs effectively because of a disability. Guardianship is appointed by the Circuit Court when an individual is no longer able to make their own medical or housing decisions and all other alternatives to guardianship have been exhausted. Once appointed, the Guardian assumes responsibility for the health, social, and basic needs of the individual. Consultations for families considering guardianship of a loved one are also available.

SENIOR INCLUSION PROGRAM (SIP)

The Senior Inclusion Program (SIP) is a unique program in the State of Maryland, providing older adults with developmental disabilities the opportunity to remain actively involved in their community. The program gives members the opportunity to participate with the non-disabled population and enjoy the same retirement activities. A wide range of social, recreational, health and educational programming is offered. Transportation, community excursions, and a daily meal is provided to those who request it. SIP gives older adults with developmental disabilities the chance to experience a self-directed retirement, improving their quality of life and promoting independence in a community setting. SIP is licensed by the Maryland Office of Healthcare Quality and is funded by the Developmental Disabilities Administration.

LIVING HEALTHY, LIVING WELL SELF-MANAGEMENT PROGRAM FOR CHRONIC CONDITIONS, DIABETES AND PAIN

LivingHealthy@carrollcountymd.gov

Managing your health starts with taking care of yourself. Living Healthy, Living Well workshops offer you a hands-on opportunity to discover solutions

that work with your life, and your health concerns. If an ongoing health problem has kept you from doing things you want to do, you aren't alone. As many as 80% of older adults are living with at least one chronic condition. With mutual support in a Living Healthy, Living Well workshop, you can build confidence to make new choices and feel better. You set your own goals and put new problem-solving skills to work. These FREE workshops are part of an evidence-based self-management program originally developed at Stanford University that has proven effective in helping attendees manage their health. You'll get information and advice for healthy eating and nutrition, relaxation techniques, short-term goal setting, feedback and problem-solving skills, stress and depression management, communication techniques, and more! Workshops are held for 2 ½ hours each week for 6 weeks throughout Carroll County and are currently being held virtually. Mailed tool kits are also available upon request. Visit the Bureau of Aging & Disabilities website for scheduled workshops. Caregivers and family members are welcome!

HOME DELIVERED MEAL PROGRAM

The Bureau of Aging & Disabilities' Home Delivered Meal Program is for people 60 years and older and their spouse of any age, who are homebound and cannot shop for food or prepare meals because of illness and/or chronic physical disabilities. The driver who brings the meals also provides social stimulation if needed. People may request home delivered meals for themselves, or anyone may make a referral on an older adult's behalf. For more information on the home delivered meal program, please contact:

Meals on Wheels of Central Maryland
410-558-0827 or email info@mowcm.org

AGING YOUR WAY A HEALTH AND WELLNESS EXPO

Formerly Seniors on the Go Expo
SeniorExpo@carrollcountymd.gov
seniorsonthegoexpo.carrollcountymd.gov

The Bureau of Aging & Disabilities sponsors an annual Health and Wellness Expo. The Expo focuses on the needs and interests of older adults, people with disabilities, Veterans, their families, and caregivers in Carroll County. This FREE event features vendors, demonstrations, health screenings, complimentary therapies, speakers, Bingo, and lunch.

COMMISSION ON AGING & DISABILITIES

Mission Statement: The mission of the Carroll County Commission on Aging & Disabilities is to represent the Bureau of Aging & Disabilities and to advocate for the needs of Carroll County's older adults, people with disabilities, and Veterans to ensure they receive the highest level of service, assistance, and programs.

The Carroll County Commission on Aging & Disabilities is a panel of volunteer citizens appointed to rotating three-year terms by the Board of County Commissioners. The Commission serves as the advisory council to the Carroll County Bureau of Aging & Disabilities (BOAD) under the Older Americans Act of 1965, as amended. The Commission assists

SERVICES

the elected officials and the BOAD in gathering public opinion, providing educational and advocacy opportunities, and representation at events with a focus on the needs of older adults, individuals with disabilities and Veterans in our community. As such, many Commission members are active in senior and disability related organizations at the local, state, and national levels. This enables the Commission to have a large resource of information on key issues and their impact on Carroll County citizens and policies.

The Commission is comprised of residents from various communities throughout Carroll County. There are representatives from many of Carroll County's municipalities as well as agencies:

- Adults with Disabilities
- Eldersburg
- Hampstead
- Health Department
- Manchester
- Mt. Airy
- New Windsor
- Senior Inclusion Program at Westminster Senior & Community Center
- Sykesville
- Taneytown
- Union Bridge
- Veterans
- Westminster

The Commission is led by a Chair with assistance from a Vice-Chair and numerous committees and area and special interest representatives.

The Commission meets every other month (January, March, May, July, September, and November). COAD's meetings are open to the public. Date, time and location are posted on the Bureau's calendar online or you can be added to the email distribution list by calling 410-386-3800.

For more information on the Carroll County Commission on Aging & Disabilities, or if you are interested in serving on the Commission, please contact COAD's Recording Secretary by calling 410-386-3800.

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities.

Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event.
Email: ada@carrollcountymd.gov.



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Sykesville, MD 21784



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Funeral Home & Chapel, P.A.



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(410) 795-1400 or from Baltimore (410) 781-4700



EVERYONE NEEDS TO BE STROKE SMART

Despite being the third leading cause of death in Maryland and the No. 1 cause of disability in the United States, a stroke is not always viewed by the public as a medical emergency, says Melissa Caylor, MBA, BSN, RN, CEN, SCRN, RN Stroke Program Coordinator at Carroll Hospital.

“A stroke is an brain attack, and two million brain cells die every minute during a stroke. For every hour of delay in getting treatment, you lose 3.4 years of life,” says Caylor. “Many people call their primary care physician first or lie down, thinking their symptoms will go away, but you must call 911 immediately.”

Not only will Emergency Medical Services personnel be able to place an IV, check blood pressure, administer an EKG and perform a full neurological assessment of the person suspected of experiencing a stroke—these professionals know which hospitals have a stroke center. Carroll Hospital has been awarded the 2024 American Heart Association Get with the Guidelines® Stroke Gold Plus Award.

To help identify symptoms of a stroke, Caylor recommends the BE FAST acronym: **B**alance (dizziness), **E**yes (any change in vision), **F**ace (check to see if it’s drooping), **A**rm (weakness or numbness in the arm or leg), **S**peech (any difficulty

speaking), and **T**ime (call 911 immediately after symptoms appear)

“Time is brain; every second counts in a stroke,” says Caylor, who adds that 1/3 of those who have a stroke and don’t seek immediate medical help spend the rest of their life in a nursing home. “You may have to undergo occupational, physical and speech rehabilitation, which can last six months or even a year.”

Strokes can occur at any age, although your risk increases after age 65. Family history does increase your risk of a stroke, but Caylor says lifestyle changes can reduce your risk.

“Uncontrolled high blood pressure is the No. 1 risk. Other factors include high cholesterol, smoking, obesity, and alcohol and drug use, but 87% of strokes are preventable through lifestyle changes such as not smoking, eating right and exercising often.”

Free resources and training are available to help individuals “Spot a Stroke,” “Stop a Stroke” and “Save a Life” on the Maryland Institute for Emergency Medical Services Systems website at miemss.org/home/hospitals/stroke-resources.

–Provided by LifeBridge Health

FIND YOUR BEST SELF

AT THE TEVIS CENTER FOR WELLNESS



The Tevis Center for Wellness offers everything you need to take control of the health of your mind, body and spirit—and all under one roof. You'll have access to every resource and tool to help you look and feel your very best.

YOUR PLACE FOR ALL THINGS HEALTHY LIVING:




- Classes, Support Groups and Health Screenings
- Integrative Health Services—including Massages and Acupuncture
- Health Navigation—including Chronic Disease Case Management and Behavioral Health Resources
- Nutrition and Diabetes Programs
- And More!

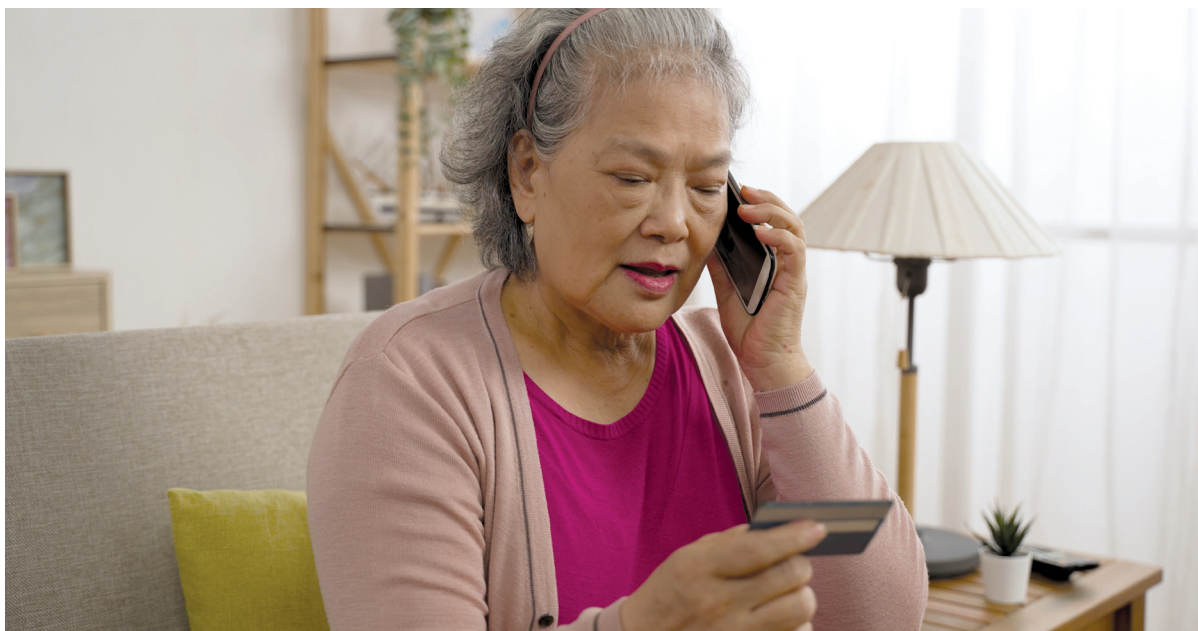
Visit lifebridgehealth.org/main/tevis-center-for-wellness or call 410-871-7000 to schedule an appointment or screening or to explore upcoming programs and events offered by the Tevis Center for Wellness.

 **CARROLL
HOSPITAL**
A LifeBridge Health Center

Tevis Center for Wellness

291 Stoner Ave
Westminster MD 21157
410-871-7000

 facebook.com/carrollhospital
 twitter.com/carrollhospital
 instagram.com/carroll_hospital



PROTECTING OLDER ADULTS IN CARROLL COUNTY FROM FRAUD AND SCAMS

Protecting older adults from fraud and scams is a high priority of the Carroll County State's Attorney's Office. Our Office vigorously pursues cases against those who would prey on older residents of our County. The Federal Trade Commission reported that in 2022, older adults:

- lost more than \$1.6 billion to fraud, compared to about \$1 billion the year before.
- lost \$404 million to investment scams.
- lost more to business impersonation scams (pretending, for example, to be Amazon) and romance scams than in 2021.

The Carroll County State's Attorney Facebook page regularly includes information on current fraud and scam schemes targeting residents of Carroll County.

Avoiding online scams

- Do not click on suspicious links or attachments in emails or text messages.
- Never wire money to someone you have not met, even after building a rapport online.
- Check domain names closely. Scammers may use website names that differ slightly from genuine sites.
- Government agencies like the IRS will not initiate contact with you by email, social media, or text.
- Consider making your social media accounts private, so only friends can see your information. If your accounts are public, avoid posting personal information.
- If you are not sure if an online message is actually from a business, such as a bank, consider calling their official number or visiting a local branch.

Avoiding phone scams

- If someone pressures you to make a sudden payment over the phone, tell them you need time to think about it and will respond later.
- If someone claims to be a family member, contact other relatives or close friends. They can help you verify whether the story is true.
- Do not assume the caller ID is correct. Scammers can spoof real numbers to deceive you.
- Ignore unsolicited calls or emails claiming you have won a prize but need to provide personal information first.
- Do not offer personal information, such as your social security number or bank account number, over the phone or in an email.
- Be wary of messages asking you to pay for something by putting money on a gift card.

If you think you've been scammed

If you or a loved one has been the victim of a fraud or scam, contact local law enforcement and report it immediately, and also report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).



HAVEN N. SHOEMAKER, JR.
STATE'S ATTORNEY
410-386-2671
[carrollcountystatesattorney.org](https://www.carrollcountystatesattorney.org)



Formerly Seniors On The Go Expo

Thursday, September 12, 2024 - 9:00 a.m. to 2:00 p.m.

Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD

FREE Admission

FREE Health Screenings

Vendor Prize BINGO

Speakers & Seminars

**Community Program &
Fitness Demonstration**

FREE Shuttle Service

Grab & Go Lunches

Prescription Medication Disposal

Designated Veterans Area

**FREE Complementary
Therapies**



For more information call 410-386-3800
agingexpo@carrollcountymd.gov

Official Expo
Media Sponsors



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



Carroll County Bureau of Aging & Disabilities

**As a Maryland Access point (MAP) agency,
The Carroll County Bureau of Aging & Disabilities
can connect individuals with services about...**



- ✓ Long Term Services and Supports
- ✓ Housing Options
- ✓ Caregiver Resources
- ✓ Energy Assistance
- ✓ Veterans Services Program
- ✓ Veterans Assistance Program
- ✓ Medical Transportation for Veterans
- ✓ Renters'/Homeowners' Tax Credits
- ✓ Medicare & Health Insurance
- ✓ Transportation
- ✓ Prescription Assistance
- ✓ Long Term Care Options
- ✓ Home & Community Based Services
- ✓ Mental Health Resources
- ✓ Disability Services & Programs
- ✓ Chronic Disease Self-Management
- ✓ Volunteer Opportunities
- ✓ Referral to Community Service Providers and More!

**Serving older adults, individuals with
disabilities, Veterans and those who care for them.**

125 Stoner Avenue,
Westminster MD 21157
410-386-3800

ccboa@carrollcountymd.gov
Maryland Relay Service 711/800-735-2258
<https://carrollcountymd.gov/aging-and-disabilities>



VETERAN

 Services Program
 of Carroll County

MISSION: The Veteran Services Program of Carroll County is dedicated to promoting the interests and welfare of Veterans who have served in the Armed Forces, their family members and survivors. The program focuses on enhancing the Veteran’s quality of life and improving outcomes through advocacy, claims assistance, education, counseling and facilitating access to other appropriate human services programs. Since the inception of the program in 2013, staff have assisted Veterans and/or family members obtain over \$70 million in compensation and/or pension benefits for which they are owed.



VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge DD214's
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration
- Link Veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration; assist with denials and filing appeals.
- Assist Veterans in securing burial and cemetery arrangements.
- Veterans Assistance Program/Case Management services connecting to community resources, securing housing and providing emergency funds to divert homelessness.

FREE VETERANS SHUTTLE

- Free shuttle to transport Veterans to four VA medical facilities: Baltimore, Lock Raven, Ft. Detrick and Martinsburg, WV
- Pick up at convenient, centralized locations
- Caregivers can also ride for free

**Located within the
 Carroll County Bureau of Aging & Disabilities
 125 Stoner Avenue
 Westminster, MD 21157
 410-386-3800
<https://carrollcountymd.gov/carrollveterans>**



STROKE AWARENESS

May is Stroke Awareness Month and in honor of this, on May 1, 2022, Governor Hogan declared Maryland a “Stroke Smart State”, encouraging everyone that lives and works in Maryland to learn how to recognize the signs of a stroke and understand the importance of calling 911 immediately. On August 22, 2022, Mayor Becker declared Westminster a “Stroke Smart City” and then on October 28, 2022, Carroll County was declared a “Stroke Smart County”, only the 2nd City and County in the state to hold this designation. The goal of being “Stroke Smart” is to improve stroke awareness in our community members, so that they can recognize a stroke and they will know what to do.

Stroke is a brain attack, it is a medical emergency and 911 needs to be called immediately when a stroke is suspected. Stroke occurs when a blood vessel in or leading to the brain is blocked or when there is bleeding in or around the brain. There is a very small window of time that you can be treated for a stroke, the longer you wait to be treated the more brain damage can occur; we lose 2 million brain cells every minute during a stroke. “Time is Brain”, every minute counts, don’t delay, call 911 right away!

Learning to recognize the signs of a stroke is the first step, “BE FAST”

Understanding what to do once you suspect a stroke is just as important, CALL 911.

Calling 911, ensures that you will be evaluated and transported to the appropriate hospital that can treat you for a stroke; not all hospitals can treat stroke patients. Carroll Hospital is a Primary Stroke Center and we are able to care for stroke patients. Seeking immediate treatment for a stroke may help prevent death and severe long-term disability related to stroke. Treatments are available; unfortunately 80% of all patients that arrive to the hospital with stroke symptoms are already outside of the window of time for treatment.

Free resources and training is available on the MIEMSS website, Stroke Smart Resource Center (miemss.org); learn how to be stroke smart, how to stay stroke smart and how to be a stroke champion so we can all learn how to “Spot A Stroke”, “Stop A Stroke”, and “Save A Life”

Source: Melissa Caylor, MBA, BSN, RN, CEN, SCRN
 RN Stroke Program Coordinator
 Carroll Hospital, A LifeBridge Health Center
 Primary Stroke Center

Stroke Smart MARYLAND

SPOT-A-STROKE **STOP-A-STROKE**

SAVE-A-LIFE

B

BALANCE

Does the person have a sudden loss of balance or coordination?

E

EYE

Is the person experiencing double vision or are they unable to see out of one eye?

F

FACE

Ask the person to smile. Does one side of the face droop?

A

ARM

Ask the person to raise both arms. Does one side drift downward?

S

SPEECH

Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

T

TIME

If you observe any of these signs call 9-1-1 immediately.

Every second counts, call 9-1-1 right away.

Carroll County Health Department

Public Health
Prevent. Promote. Protect.

The Partnership
for a Healthier Carroll County

CARROLL HOSPITAL
A LifeBridge Health Center
Tevis Center for Wellness

CARE BRAVELY

**MIEMSS Stroke Smart
Resource page QR code**

20

2024 – 2025 Carroll County Bureau of Aging & Disabilities Resource Guide

SENIOR & COMMUNITY CENTERS

carrollcountymd.gov/seniorcenters

The Bureau of Aging & Disabilities operates five senior and community centers in Carroll County. Each is a community focal point where older adults can receive services, and participate in quality educational, recreational, fitness, health, nutritional, and informational activities. The community centers are located in Mt. Airy, Hampstead, Eldersburg, Taneytown, and Westminster.



Mount Airy Senior & Community Center

703 Ridge Ave, Mt Airy, MD 21771

Hours: M-F 8:00 AM – 4:00 PM

410-795-1017, 301-829-2407

mtairysc@carrollcountymd.gov



North Carroll Senior & Community Center

2328 Hanover Pike, Hampstead, MD 21074

Hours: M-F 8:00 AM – 4:00 PM

410-386-3900

northcarrollsc@carrollcountymd.gov



South Carroll Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD 21784

Hours: M-F 8:00 AM – 4:00 PM

410-386-3700

southcarrollsc@carrollcountymd.gov



Taneytown Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD 21787

Hours: M-F 8:00 AM – 4:00 PM

410-386-2700

taneytownsc@carrollcountymd.gov



Westminster Senior & Community Center

125 Stoner Ave, Westminster, MD 21157

Hours: M-F 8:00 AM – 4:00 PM

410-386-3850

westminstersc@carrollcountymd.gov

Nutrition Program Congregate Meals

Lunch is served at each of the senior centers, Monday through Friday. This federally funded program is for anyone age 60 and over and their spouse of any age. Older adults come together to socialize and enjoy a nutritionally balanced meal that meets one-third of the recommended daily nutritional requirement. For meal reservations, call your local senior and community center. Reservations for meals must be made three days before you plan to eat at the center. A donation for this congregate meal is encouraged.



THE PACT ACT

The PACT Act is a federal law that expands VA benefits for veterans exposed to burnpits, Agent Orange and other toxic chemicals. The law was enacted on August 10, 2022.

The VA determined that Veterans who served in the following areas and time periods were exposed to burnpits. Those who served on or after August 2, 1990 in any of the following locations: Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, UAE or the airspace above these locations. Those who served on or after September 11, 2001 in any of the following locations: Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Uzbekistan, Yemen or the airspace above these locations. There are two categories of health conditions presumptive to this service: cancer and respiratory illnesses. The cancers include brain, gastrointestinal, glioblastoma, head, kidney, lymphatic, lymphoma, melanoma, neck, pancreatic, reproductive and respiratory. The respiratory illnesses included are asthma diagnosed after service, chronic bronchitis, COPD, chronic rhinitis, chronic sinusitis, constrictive or obliterative bronchiolitis, emphysema, granulomatous disease, interstitial lung disease (ILD), pleuritis, pulmonary fibrosis and sarcoidosis. Any veteran who fits both the location requirement and has a medical diagnosis of one of the above conditions should file a compensation claim with the VA.

In addition, the PACT Act expands the geographical reach of presumed agent orange exposure to Thailand, Laos, Guam or American Samoa (or territorial waters) and the Johnston Atoll or on a ship that called at Johnston Atoll. Two presumptive

conditions for Agent Orange exposed veterans were added: hypertension and MGUS (monoclonal gammopathy of undetermined significance).

New radiation presumptive locations are now in effect as follows: cleanup of Enewetak Atoll (1/1/1977 – 12/31/1980); Palomares, Spain (1/17/66-1/31/67); Thule AFB, Greenland (1/21/1968 – 9/25/1968).

If you are a veteran covered under the PACT Act and you were denied one of the now-covered medical conditions, you can file a supplemental claim. Also, if you are the widow of a veteran who passed away of a PACT Act condition, and it is listed on the veteran's death certificate as a primary or secondary cause of death, you may file a DIC (Dependency and Indemnity Compensation) claim and a request for burial benefits.

Finally, as of March 5, 2024, three new cohorts of Veterans, who served on active duty, are eligible for VA health care:

- Veterans who participated in a toxic exposure risk activity (TERA).
- Veterans who served at a duty station (including airspace above) in the areas listed above during the Gulf War and post 9/11 periods.
- Veterans who deployed in support of Operation Enduring Freedom, Operation Freedom's Sentinel, Operation Iraqi Freedom, Operation New Dawn, Operation Inherent Resolve, or Resolute Support Mission.

For assistance with any PACT Act issues, please contact the Carroll County Bureau of Aging, Veterans Services Program.



Bureau of
AGING &
DISABILITIES



**Do you know someone
who is in a nursing home
or assisted living facility?**

Are there concerns related to quality of care and/or quality of life?

The Long-Term Care Ombudsman Program is available to assist!

What is a Long-Term Care Ombudsman?

Long-Term Care Ombudsmen serve as advocates for residents of assisted living facilities and nursing homes. They routinely visit long-term care facilities and help educate residents and the public about resident rights and work to resolve residents' complaints.

How can the Long-Term Care Ombudsman Program (LTCOP) help me?

Ombudsmen help residents resolve complaints and concerns in areas such as personal/nursing care, privacy, meal preferences and lost possessions. Anyone may contact the LTCOP to confidentially discuss concerns and/ or request information on long-term care placement options.

Residents Have Rights!

Ombudsmen protect and uphold resident rights including:

- The right to be treated with dignity and respect
- The right to voice grievances without fear of retaliation
- The right to reasonable accommodation of needs and preferences
- The right to access to one's own medical records

Rewarding volunteer opportunities available!

**For assistance, please contact the Carroll County Long-Term Care
Ombudsman Program office by calling (410) 386-3800.**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

VETERAN RESOURCES

VETERANS SERVICES PROGRAM OF CARROLL COUNTY

(housed within the Carroll County Bureau of Aging & Disabilities)

carrollveterans@carrollcountymd.gov

410-386-3800

carrollcountymd.gov/carrollveterans

The Carroll County Veterans Services Program provides guidance and assistance to Carroll County Veterans, their dependents and survivors with applying for Federal and State benefits. This assistance includes help with application for Veteran's benefits via the system administered by the State of Maryland and the United States Department of Veterans Affairs. In order to make the application process more seamless and because every Veteran's situation is unique, the program provides assistance with preparation and processing of various required forms that assist Veterans with navigating a system that can be overwhelming. The program also provides case management services to Veterans seeking assistance with connecting to other community programs and services.

Services Provided:

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214)
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration
- Link Veterans to the VA Healthcare system
- Advocate on behalf of Veterans and their dependents
- Connect Veterans to other community agencies, services or providers
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision


- Veteran Assistance Program to assist Veterans with additional needs that cannot be met through traditional resources.


VETERANS SHUTTLE TRANSPORTATION PROGRAM

The Veterans Transportation Shuttle Program transports Veterans residing in Carroll County to medical appointments at the following Veterans Administration (VA) medical sites: Baltimore VA Medical Center on Greene Street; Loch Raven Center on Loch Raven Boulevard; Fort Detrick Outpatient Clinic and Martinsburg VA Medical Center. All Veterans must register to use the Veterans Transportation Shuttle. There is no cost to the Veteran to utilize the transportation Shuttle. A personal care assistant may also accompany the Veteran at no charge.


The Veterans Transportation Shuttle Program is made possible by a partnership between the Board of Carroll County Commissioners, the Department of Citizen Services and Carroll Transit System, operated by Ride With Us.

REGISTER OVER THE PHONE OR IN PERSON

 **Carroll County Bureau of Aging & Disabilities**
125 Stoner Avenue,
Westminster, MD 21157

 **410-386-3800**
TTY Users (Maryland Relay)
711/800-735-2258

SCHEDULE

 **Contact Carroll Transit System, Operated by Ride With Us at 410-363-0622**

Transportation requests must be made two business days prior to your scheduled appointment.

| Name | Phone | Address | Website |
|-------------------------------|--------------|---|---------------------------|
| American Legion | | | |
| Carroll Post #31 | 410-857-7953 | 2 Sycamore Street, Westminster, MD 21157 | www.carrollpost31.org |
| Gold Star Post #191 | 301-829-9161 | 801 Prospect Road, Mt. Airy, MD 21771 | www.post191.com |
| Hampstead Post #200 | 443-508-2119 | 4600 Legion Lane, Hampstead, MD 21074 | www.alpost200.org |
| Hesson-Snider Post #120 | 410-756-2219 | 9 Broad Street, Taneytown, MD 21787 | |
| Sykesville Memorial Post #223 | 410-795-7242 | 7327 Slacks Road, Sykesville, MD 21784 | www.americanlegion223.com |
| Catholic War Veterans | | | |
| Sargent Shriver Post #2016 | 410-871-8290 | Westminster | www.facebook.com/cwv2016 |

VETERAN RESOURCES

| Name | Phone | Address | Website |
|---|-----------------------------|--|--|
| Disabled American Veterans | | | |
| Old Glory Chapter #22 | 410-779-8276 | P.O. Box 764, Westminster, MD 21158 | www.dav-oldglory.org |
| Marine Corps League | | | |
| Carroll County Detachment #896 | 703-200-2224 | Westminster | |
| LCpl. Deane Detachment #770 | 301-253-6096 | Mt. Airy | www.mcldeane.org |
| Veterans of Foreign Wars (VFW) | | | |
| Molleville Farm Post #467 | 410-848-9888 | 519 Poole Road, Westminster, MD 21157 | www.vfwpost467.org |
| Monocacy Valley Memorial Post #6918 | 410-756-6866 | 5801 Conover Road, Taneytown, MD 21787 | www.harneyvfwpost6918.org |
| The Counties Four Post #10076 | 301-829-1682 | 107 S. Main Street, Mt. Airy, MD 21771 | |
| Union Memorial Post #8806 | 410-775-2160 | 115 Penrose Street, Union Bridge, MD 21791 | |
| Veteran Non-Profits | | | |
| Carroll County Veterans Independence Project | 667-314-3700 | 95 Carroll Street, Suite 104, Westminster, MD 21157 | www.carrollcountypip.org |
| Friends of Disabled Veterans in Carroll County | 443-798-5370 | | |
| McVet | 410-576-9626 | 301 N. High Street, Baltimore, MD 21202 | www.mcvet.org |
| Platoon 22 | 240-651-8899 | 1750 Monocacy Blvd, Suite A Frederick, Maryland 21701 | platoon22.org |
| MD Department of Labor | | | |
| Carroll County Workforce Development (formerly BEREC) - Veterans Outreach Program | 410-386-2820 | 224 N. Center Street, Westminster, MD 21157 | www.carrollworks.com/job-seeker-services/veterans-services |
| MD Department of Veterans Affairs | | | |
| Baltimore Veterans' Center | 410-764-9400 | | |
| Benefits Information | 800-827-1000 | | |
| Charlotte Hall Veterans Home | 301-884-8171 | 29449 Charlotte Hall Road, Charlotte Hall, MD 20622 | www.charhall.org |
| Elkton Veterans' Center | 410-392-4485 | | |
| MD Department of Veterans Affairs | | | www.veterans.maryland.gov |
| Supportive Services for Veterans Families (SSVF) | 410-828-5900, ext. 3333 | | www.va.gov/homeless/nchav/models.ssvf.asp |
| Women Veterans' Services | 800-463-6295, ext. 57275 | | |
| Name | | Contact | |
| VA Health Care | | | |
| Appointment Center | | 410-605-7333 | |
| eBenefits | | 800-827-1000 | |
| Enrollment & Eligibility | | 410-605-7324 or 855-976-9822 | |
| Long-Term Care - Geriatrics and Extended Care | | 410-642-1121 | |
| Mental Health | | 410-605-7360 | |
| Primary Care - for Veterans who are already enrolled and need to reach their health care team | | 410-605-7777 | |
| Suicide Prevention - Veterans Crisis Line | | 800-273-8255, press 1 or 988 | |
| Telephone Care Line - staffed by RNs and available 24/7/365 for Veterans seeking medical advice | | 800-865-2441 | |
| Women Veterans' Services | | 410-605-7275 | |

GENERAL RESOURCES

| Name | Featured on Page | Phone | Address | Website |
|---|------------------|--|---|---|
| Health Care | | | | |
| Access Carroll | | 410-871-1478 | 10 Distillery Drive, Ste. 200, Westminster, MD 21157 | www.accesscarroll.org |
| Carroll Hospital | 2, 15 | 410-848-3000 | 200 Memorial Avenue, Westminster, MD 21157 | www.lifebridgehealth.org |
| Organizations Providing Assistance | | | | |
| Caring Carroll | | 410-775-5596 | 255 Clifton Blvd., Ste. 213, Westminster, MD 21157 | www.caringcarroll.org |
| Catastrophic Health Planners | | 410-871-0751 | 255 Clifton Blvd., Ste. 204, Westminster, MD 21157 | www.chp1.org |
| The Freedom Center | | 410-386-3800 | 125 Stoner Ave., Westminster, MD 21157 | www.thefreedomcenter-md.org |
| Human Services Programs of Carroll County | | 410-857-2999 | 10 Distillery Drive, Westminster, MD 21157 | www.hspinc.org |
| Mission of Mercy | | 410-833-5870 | Trinity Lutheran Church, 38 W. Baltimore St., Taneytown, MD 21787 | www.amissionofmercy.org |
| Mt. Airy NET | | 301-829-0472 | Mt. Airy Baptist Church, 1402 N. Main Street, Mt. Airy, MD 21771 | www.mtairy.net |
| NESAP - Northeast Social Action Program | | Office 410-239-6216 Thrift Store 410-374-9099 | 1046 S. Carroll Street, Hampstead, MD 21074 | www.nesapinc.org |
| Salvation Army | | 410-876-9358 | 300 Hahn Road, Westminster, MD 21157 | www.sa-md.org/carroll-county-social-services |
| Shepherd's Staff - Westminster | | 410-857-5944 | 30 Carroll Street, Westminster, MD 21157 | www.shepstaff.org |
| Shepherd's Staff - Eldersburg (Blessings Closet - non-food) | | 410-857-5944 | Wesley Freedom United Methodist Church, 961 Johnsville Road, Eldersburg, MD 21784 | www.shepstaff.org |
| Shepherd's Staff - New Windsor (Blessings Closet - non-food) | | 410-857-5944 | St. Paul United Methodist Church, 200 Main Street, New Windsor, MD | www.shepstaff.org |
| St. Vincent's De Paul Society - St. John's Catholic Church Conference | | 410-848-8693 | 43 Monroe Street, Westminster, MD 21157 | www.sjwest.org |
| The Partnership for a Healthier Carroll County | | 410-871-7645 | 295 Stoner Avenue, Suite 306, Westminster, MD 21157 | www.healthycarroll.org |
| Westminster Rescue Mission | | 410-848-2222 | 658 Lucabaugh Mill Road, Westminster, MD 21157 | www.westminsterrescuemission.org |
| Government Agencies | | | | |
| Carroll County Health Department | | 410-876-4949 | 290 South Center Street, Westminster, MD 21157 | www.cchd.maryland.gov |
| Carroll County Bureau of Housing & Community Development | 9 | 410-386-3600 | 10 Distillery Drive, Ste. 100, Westminster, MD 21157 | www.carrollcountymd.gov/housing |
| Carroll County Department of Social Services | 5 | 410-386-3300 | 1232 Tech Court, Westminster, MD 21157 | www.dhs.maryland.gov/local-offices/carroll-county |
| Social Security Administration | | 877-669-3112; 800-772-1213 | 125 Airport Drive, Unit 10, Westminster, MD 21157 | www.ssa.gov |
| Westminster City Housing | | 410-848-2261 | 45 W. Main Street, Westminster, MD 21157 | www.westminstermd.gov/137/Housing-Services |
| Bereavement Services and Support Groups | | | | |
| Bridging Life (formerly Carroll Hospice) | | 410-871-8000 | 292 Stoner Avenue, Westminster, MD 21157 | www.bridginglifecare.org |
| Caregiver Support Group | 11 | 410-386-3800 | Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster, MD 21157 | www.carrollcountymd.gov/aging-and-disabilities |

GENERAL RESOURCES

| Name | Featured on Page | Phone | Address | Website |
|--|------------------|--------------|--|--|
| Grandparents Raising Grandchildren Support Group | | 410-386-3800 | Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster, MD 21157 | www.carrollcountymd.gov/aging-and-disabilities |
| Parkinson's Disease Support Group | | 410-871-7000 | Carroll Hospital - Shauck Auditorium, 291 Stoner Avenue, Westminster, MD 21157 | www.lifebridgehealth.org/carroll |
| SpiriTrust Lutheran Homecare & Hospice | | 410-751-2429 | 187 East Main Street, Westminster, MD 21157 | www.spiritrustlutheranhomecare.org/services/grief-support |
| Care Management | | | | |
| Home Care by Edenton | | 301-694-3100 | 5800 Genesis Lane, Frederick, MD 21703 | |
| Rosner Healthcare Navigation | | 410-591-6378 | P.O. Box 1896, Westminster, MD 21158 | |
| Home Repair | | | | |
| Carroll County Christian Work Camp | | 443-386-8309 | 1608 Heather Heights, Eldersburg, MD 21784 | |
| Carroll County Habitat for Humanity | 22 | 410-751-7722 | 255 Clifton Blvd., Westminster, MD 21157 | www.cchabitat.org |
| Legal Services | | | | |
| Carroll County Community Mediation Center | | 410-848-1764 | 255 Clifton Blvd., Westminster, MD 21157 | www.carrollcc.edu/resources/health-wellness-safety/community-mediation-center |
| Carroll County Register of Wills | | 410-848-2586 | 55 N. Court Street, Room 124, Westminster, MD 21157 | www.registers.maryland.gov/main/carroll.html |
| Disabilities Rights Maryland | | 410-727-6352 | 1500 Union Ave., Baltimore, MD 21211 | www.disabilityrightsmd.org |
| Legal Aid Bureau | | 800-679-8813 | 22 S. Market Street, Ste. 11, Frederick, MD 21701 | www.mdlab.org |
| Maryland Senior Legal Hotline | | 866-635-2984 | | |
| Maryland Volunteer Lawyer Service | | 800-510-0050 | 201 N. Charles St., Ste. 1400, Baltimore, MD 21201 | www.mvlslaw.org |
| The Sixty Plus Legal Program | | 410-951-7750 | | |
| Employment Services | | | | |
| Carroll County Workforce Development (formerly BEREC) | | 410-386-2820 | 224 N. Center Street, Westminster, MD 21157 | www.carrollworks.com |
| Division of Rehabilitation Services (DORS) | | 410-848-4456 | 1004 Littlestown Pike, Ste. B1, Westminster, MD 21157 | www.dors.maryland.gov |
| STEP/Goodwill Industries | | 410-848-7793 | 257 E. Main Street, Westminster, MD 21157 | www.goodwillches.org/work/employee/training-programs/ |
| Nutritional Services | | | | |
| Congregate Dining and Grab and Go Lunches at Carroll County Senior & Community Centers | 16 | 410-386-3800 | Hampstead, Mt. Airy, Sykesville, Taneytown, Westminster | www.carrollcountymd.gov/seniorcenters |
| Food Sunday - Eldersburg | | 410-795-7838 | St. Joseph's Catholic Church, 915 Liberty Road, Eldersburg, MD 21784 | www.ccfoodsunday.org |
| Food Sunday - Taneytown | | 410-751-1520 | St. Joseph's Catholic Church, 44 Frederick Street, Taneytown, MD 21787 | www.ccfoodsunday.org |
| Food Sunday - Westminster | | 410-857-7926 | 10 Distillery Drive, Westminster, MD 21157 | www.ccfoodsunday.org |
| Meals on Wheels of Central Maryland | | 410-857-4447 | 255 Clifton Blvd., Ste. 132, Westminster, MD 21157 | www.mealsonwheelsmd.org |

GENERAL RESOURCES

| Name | Featured on Page | Phone | Address | Website |
|--|------------------|--|--|--|
| Salvation Army | | 410-876-9358 | 300 Hahn Road, Westminster, MD 21157 | www.sa-md.org/carroll-county-social-services |
| Supplemental Nutrition Assistance Program (SNAP) | | 800-332-6347 | Department of Social Services, 1232 Tech Court, Westminster, MD 21157 | www.dhs.maryland.gov/supplemental-nutrition-assistance-program |
| Westminster Rescue Mission | | 410-848-2222 ext: 146 | | www.westminsterrescuemission.org/contact/mission-meals-multiplied/free-food-resources |
| Questions about food resources in Carroll County | | | Maryland Department of Human Resources | |
| Soup Kitchens | | | | |
| Monday Lunch (12-1pm): Westminster UMC | | 410-848-8325 | Westminster United Methodist Church, 165 E. Main Street, Westminster, MD 21157 | |
| Monday Dinner (4:30-6pm): Brass Hat Café | | 410-876-9358 | Salvation Army 300 Hahn Road, Westminster, MD 21157 | www.sa-md.org/brass-hat-café |
| Tuesday Lunch (12-1pm): Table of Grace | | 410-848-7020 | Grace Lutheran Church, 21 Carroll Street, Westminster, MD 21157 | |
| Tuesday Dinner (4:30-6pm): Brass Hat Café | | 410-876-9358 | Salvation Army 300 Hahn Road, Westminster, MD 21157 | www.sa-md.org/brass-hat-café |
| Wednesday Lunch (12-1:30pm): Loaves and Fishes | | 410-848-3251 | Ascension Church, 23 N. Court Street, Westminster, MD 21157 | |
| Wednesday Dinner (4:30-6pm): Brass Hat Café | | 410-876-9358 | Salvation Army 300 Hahn Road, Westminster, MD 21157 | www.sa-md.org/brass-hat-café |
| Thursday Lunch (12-1pm): A Meal and More | | 410-848-5975 | St. Paul's United Church of Christ, 17 Bond Street, Westminster, MD 21157 | |
| Thursday Dinner (5:30-6:30pm): Ardent Folk | | 410-848-7020 | Grace Lutheran Church, 21 Carroll Street, Westminster, MD 21157 | |
| Friday Lunch (12:15-1:15pm): Shepherd's Table | | 410-857-5955 | Westminster United Methodist Church, 165 E. Main Street, Westminster, MD 21157 | |
| Saturday Lunch (12-1pm): Church of the Brethren | | 410-848-8090 | Church of the Brethren, 19 Bond Street, Westminster, MD 21157 | |
| Audiology and Vision Services | | | | |
| Chesapeake Ear, Nose & Throat Hearing Center | | 410-876-9300 | 410 Malcolm Drive, Ste. E, Westminster, MD 21157 | www.baltimoreent.com |
| Hoover Services for Low Vision | | 443-849-2658 | | www.gbmc.org/lowvision |
| Leader Dog for the Blind | | 888-777-5332 | | www.leaderdog.org |
| Library Services for the Blind | | 410-230-2424 | 415 Park Avenue, Baltimore, MD 21201 | www.marylandlibraries.org |
| Local Lions Clubs | | 410-386-3800 | | |
| Maryland Relay | | 800-552-7724; 410-767-6960 (voice TTY); 443-453-5970 (video phone) | | www.mdrelay.org |
| Miracle Ear Hearing Aid Center | | 410-973-7624 | 444 WMC Drive, Westminster, MD 21158 | |
| Radio Reading Network of Maryland | | 410-779-4969 | | www.radioreadingnetwork.org |

ARE YOU LIVING WITH...

ASTHMA

COPD

Depression

Arthritis

PAIN

High Blood Pressure

FATIGUE

Tense Muscles

Allergies

Stress / Anxiety

Heart Disease

Crohn's

Osteoporosis

Diabetes

...OR ANY OTHER CONDITION THAT LIMITS YOUR ACTIVITIES?

Are you sick and tired of being sick and tired?

You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

Join a FREE 2 ½ hour Living Healthy, Living Well workshop held each week for 6 weeks that teaches participants to:

- ▶ Manage symptoms
- ▶ Make daily tasks easier
- ▶ Communicate better with your doctor
- ▶ Lessen frustration and depression
- ▶ Fight fatigue
- ▶ **Get more out of LIFE!**

**Attend workshops or learn how to lead workshops—
All for FREE!**



410-386-3800

LivingHealthy@carrollcountymd.gov



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

GENERAL RESOURCES

| Name | Featured on Page | Phone | Address | Website |
|--|------------------|--------------|---|--|
| Transportation | | | | |
| American Cancer Society (Carroll County) | | 800-227-2345 | | www.cancer.org |
| Butler Medical Transport | | 410-602-4007 | | www.butlermedicaltransport.com |
| Carroll Cab | | 410-751-2222 | | |
| Carroll Transit System - Demand Response and Trailblazer Routes | | 410-386-5550 | | www.carrolltransitsystem.com |
| Carroll Veterans Transportation | | 410-386-3800 | | www.carrollcountymd.gov/carrollveterans |
| Friends of Disabled Veterans in Carroll County | | 443-798-5370 | | friendsofdisabledveteranscarrollcountymd.org |
| Non-Emergency Medical Assistance Transportation | | 410-876-4813 | Carroll County Health Department, 290 S. Center Street, Westminster, MD 21157 | |
| Disability Resources | | | | |
| ARC of Carroll County | | 410-848-4124 | 180 Kriders Church Road, Westminster, MD 21158 | www.arccarroll.org |
| Family Get Connected Resource Center | | 410-871-0008 | 255 Clifton Blvd., Ste. 202, Westminster, MD 21157 | |
| Flying Colors of Success | | 410-857-6331 | 88 E. Main Street, Westminster, MD 21157 | www.flyingcolorsofsuccess.org |
| Maryland Developmental Disabilities Administration | | 301-791-4670 | Western Maryland Regional Office, 1360 Marshall Street, Hagerstown, MD 21740 | www.dda.health.maryland.gov |
| National Multiple Sclerosis Society | | 800-FIGHT-MS | 1800 M Street Northwest, Ste. B50, Washington, DC 20036 | www.nationalmssociety.org |
| Penn-Mar Human Services - Westminster Location (formerly Change, Inc.) | | 410-876-2179 | 115 Stoner Avenue, Westminster, MD 21157 | www.penn-mar.org |
| Target Community & Educational Services | | 410-848-9090 | 111 Stoner Avenue, Westminster, MD 21157 | www.targetcommunity.org |
| The Brain Injury Association of Maryland | | 800-221-6443 | 2200 Kernan Drive, Baltimore, MD 21207 | www.biamd.org |
| Unified Community Connections | | 410-484-4540 | 952 Ridgebrook Road, Unit #1000, Sparks, MD 21152 | www.unified.org |
| Mental Health Services | | | | |
| Carroll County Health Department - Bureau of Prevention, Wellness & Recovery | | 410-876-4449 | 290 S. Center Street, Westminster, MD 21157 | www.cchd.maryland.gov/behavioral-health |
| Carroll County Mobile Crisis | | 410-952-9552 | | www.thesantegroup.org/where-we-work/carroll-county-md/ |
| Carroll County Youth Service Bureau | | 410-848-2500 | 59 Kate Wagner Road, Westminster, MD 21157 | www.ccysb.org |
| Carroll Hospital - Behavioral Health | | 410-871-7110 | 200 Memorial Avenue, Westminster, MD 21157 | www.lifebridgehealth.org/carroll/behavioralhealth.aspx |
| Maryland Suicide Hotline | | 800-422-0009 | | |
| Mental Health Association of MD | | 443-901-1550 | | www.mhamd.org |
| National Alliance of Mental Illness - NAMI Carroll County | | 410-857-3650 | | www.namiccmd.org |
| On Our Own Support Center | | 410-751-6600 | 265 E. Main Street, Ste. C, Westminster, MD 21157 | www.onourownofcarrollcounty.org |

GENERAL RESOURCES

| Name | Featured on Page | Phone | Address | Website |
|--|------------------|--------------|--|--|
| Potomac Case Management Services of Carroll County | | 301-791-3087 | 324 East Antietam Street, Ste. 301, Hagerstown, MD 21740 | www.pcmsinc.org/carroll-county |
| Sheppard Pratt Health System | | 410-751-5970 | 288 E. Green Street, Westminster, MD 21157 | www.sheppardpratt.org |
| Lions Clubs | | | | |
| Deer Park Lions Club | | 443-257-5882 | | |
| Freedom District Lions Club | | 410-549-5466 | www.fdlions.org | |
| Hampstead Lions Club | | 443-536-9219 | www.hampsteadlionsclub.org | |
| Lineboro-Manchester Lions Club | | 410-374-2570 | | |
| Mt. Airy Lions Club | | 301-829-5466 | www.mtairy lions.com | |
| New Windsor Lions Club | | 410-596-7912 | www.e-clubhouse.org/sites/newwindsormd | |
| Roaring Run (Westminster) Lions Club | | 301-653-5839 | www.e-clubhouse.org/sites/roaringrun | |
| Silver Run-Union Mills Lions Club | | 410-346-7078 | www.silverrununionmillslions.com | |
| Taneytown Lions Club | | 410-756-4039 | www.e-clubhouse.org/sites/taneytown | |
| Taylorville-Winfield Lions Club | | 410-875-4189 | www.e-clubhouse.org/sites/taylorvillewinfieldmd | |
| Terra Rubra (Keymar) Lions Club | | 410-775-1619 | www.terrarubralions.org | |
| Union Bridge Lions Club | | 301-672-4495 | www.e-clubhouse.org/sites/union_bridge | |
| Valley (Westminster) Lions Club | | 410-848-3975 | | |
| Westminster Lions Club | | 443-398-4934 | www.lionsclubofwestminster.org | |

*Experience the **comfort & security**
of an assisted living community
that **feels like home!***





TRANSITIONS
HEALTHCARE[®]
OAKLAND MANOR

Affordable, compassionate care for your loved one! Call (410) 795-4100

2810 Kaywood Place, Sykesville, MD 21784 | Visit TransitionsHealthcareLLC.com

GENERAL RESOURCES

| Name | Featured on Page | Contact |
|--|------------------|--|
| Helpful Websites | | |
| Advance Directives - Maryland Attorney General | | www.oag.state.md.us/healthpol/advancedirectives |
| Alzheimer's Association | | 800-272-3900 www.alz.org |
| American Cancer Society | | 800-227-2345 www.cancer.org |
| American Diabetes Association | | 800-342-2383 www.diabetes.org |
| American Heart Association | | 800-242-8721 www.heart.org |
| American Lung Association | | 800-586-4872 www.lung.org |
| Arthritis Foundation | | 410-544-5433 www.arthritis.org |
| Caregiving | | www.caregiving.com |
| | | www.caregiverstress.com |
| | | www.sharethecare.org |
| | | www.caring.com |
| | | www.caringtoday.com |
| Carroll County Government | | www.carrollcountymd.gov |
| Carroll County Bureau of Aging & Disabilities | | www.carrollcountymd.gov/aging-and-disabilities |
| Carroll County Bureau of Housing & Community Connections | | www.carrollcountymd.gov/housing |
| Carroll County Department of Citizen Services | | www.carrollcountymd.gov/government/directory/citizen-services |
| Carroll County Senior & Community Centers | | www.carrollcountymd.gov/seniorcenters |
| Carroll County Veterans | 19 | www.carrollcountymd.gov/carrollveterans |
| Centers for Medicare & Medicaid Services | | www.cms.gov |
| Maryland Access Point (MAP) - Information & Assistance | 18, 17 | www.marylandaccesspoint.211md.org |
| Maryland Department of Aging | | www.aging.maryland.gov |
| Maryland Motor Vehicle Administration (MVA) | | www.mva.maryland.gov |
| Medical Orders for Life Sustaining Treatment (MOLST) | | www.marylandmolst.org |
| Multiple Sclerosis Society | | 800-FIGHT-MS www.nationalmssociety.org |
| National Council on Aging (NCOA) | | www.ncoa.org |
| The Hill Y in Westminster (YMCA) | | 410-848-3660 • 1719 Sykesville Rd, Westminster MD 21157 www.ymaryland.org |

LIFE PLAN COMMUNITIES

A Life Plan Community is a senior living community type that offers tiered lifestyle and healthcare options all on one campus, including independent living, assisted living, and skilled nursing. They provide active lifestyle options to older adults through comprehensive services and amenities.

| Name | Featured on Page | Phone | City | Ind. | Asst. | Nur. | Monthly Cost Starting from | Entry Fee Starting From | Swimming Pool | Pets Allowed |
|--|------------------|--------------|-------------|------|-------|------|----------------------------|-------------------------|---------------|--------------|
| Fairhaven, an Acts Retirement-Life Community | 3 | 866-934-0648 | Sykesville | 302 | 35 | 69 | Call for details | Call for details | x | x |
| Carroll Lutheran Village, Inc. | 7 | 877-848-0095 | Westminster | 396 | 50 | 80 | Call for details | Call for details | x | x |

Ind. = Independent | Asst. = Assisted | Nur. = Nursing

GENERAL RESOURCES

ASSISTED LIVING

| Name | Featured on Page | Phone | City | Units | Monthly Cost Starting From | Senior Assisted Living Subsidy | Medicaid Waiver Provider | Memory Care | Respite Care |
|--|------------------|--------------|-------------|-------|----------------------------|--------------------------------|--------------------------|-------------|--------------|
| Almost Home | | 410-756-1727 | Taneytown | 5 | \$4,300 | x | x | | x |
| Bethania at Bell Road | | 443-952-7206 | Westminster | 16 | | | | | x |
| Bethania Home Care | | 410-848-5616 | Westminster | 14 | | x | x | | x |
| Brightview Westminster Ridge Assisted Living | | 410-871-2225 | Westminster | 68 | \$5,470 | | | x | x |
| Copper Ridge Assisted Living | | 410-795-8808 | Sykesville | 60 | | | | | |
| Country Acres Assisted Living | | 410-751-7714 | Westminster | 16 | | x | x | x | x |
| Diven House at Carroll Lutheran Village | 7 | 410-876-8113 | Westminster | 64 | | | | x | x |
| Fairhaven | | 410-795-8800 | Sykesville | 35 | | | | | |
| Golden Crest - Albert Rill | | 410-239-4200 | Hampstead | 16 | | x | | | x |
| Golden Crest - Evergreen | | 410-239-1224 | Hampstead | 16 | | x | | | x |
| Golden Crest - Nelson I | | 410-239-1224 | Westminster | 16 | | x | | | x |
| Golden Crest - Nelson II | | 410-239-1224 | Westminster | 16 | | x | | | x |
| Golden Crest - St. Paul | | 410-239-1224 | Hampstead | 16 | | x | | | x |
| Inspirations Memory Care | | 443-289-9229 | Westminster | 16 | \$9,600 all inclusive | | | x | x |
| Lookabout Manor, Inc. | | 410-840-0718 | Westminster | 14 | | x | | | x |
| Lorien at Mount Airy | | 301-829-6050 | Mt. Airy | 93 | | | | | x |
| Lorien at Taneytown | | 410-294-3753 | Taneytown | 52 | | | | | x |
| Master's Haven | | 410-861-8993 | Finksburg | 15 | \$4,500 | x | | | x |
| North Pines Assisted Living Facility | | 410-239-8731 | Manchester | 16 | \$4,000 | x | x | x | x |
| Nova Springs Assisted Living | | 443-289-9369 | Finksburg | 16 | | | | | |
| Sun Valley Assisted Living | | 410-635-8040 | Westminster | 23 | | | | | x |
| Sun Valley at Ridge Overlook | | 410-635-2468 | Westminster | 16 | | | | x | x |
| Sun Valley at The Homestead | | 410-795-6001 | Sykesville | 16 | | x | | | x |
| Sun Valley at The Meadows | | 410-635-2103 | Westminster | 20 | | x | | | |
| Sunflower Hill Assisted Living | | 410-751-7720 | Westminster | 8 | | x | | | |
| The Terraces at Westminster | | 410-751-2300 | Westminster | 65 | | | | x | x |
| The Woods of Best Care | | 410-596-5863 | Westminster | 15 | | x | | | x |
| Transitions Healthcare, Oakland Manor | 31 | 410-795-4100 | Sykesville | 56 | | x | x | x | x |

DOWN SIZING

| Name | Featured on Page | Phone | City | Website | Pick-Up | Clothing | Housewares | Furniture | DME |
|---|------------------|--------------|-------------|----------------------------------|---------|----------|------------|-----------|-----|
| Goodwill | | 410-857-9993 | Westminster | www.gimv.org | | | | | |
| Human Services Programs of Carroll County | | 410-857-2999 | Westminster | www.hspinc.org | | | | | |
| Lions Clubs | | 410-386-3800 | | | | | | | x |
| NESAP | | 410-374-9099 | Hampstead | www.nesapinc.org | | x | x | | |
| ReStore (Carroll County Habitat for Humanity) | | 410-751-5200 | Westminster | www.cchabitat.org/restore | x | x | x | x | |
| Westminster Rescue Mission | | 410-848-2222 | Westminster | www.westminsterrescuemission.org | x | x | x | x | |

ACTIVE ADULT COMMUNITY

Active Adult Communities are designed for older adults who are looking for amenities and an engaging lifestyle. Often, residents choose to move to these communities as soon as they reach the requisite age.

| Name | Featured on Page | Phone | City |
|------------------------------|------------------|---------------------|-------------|
| Bella Vita | | Contact any Realtor | Westminster |
| Carroll Vista | | 410-756-1992 | Taneytown |
| Castlefield Homes | | 443-291-6017 | Manchester |
| Coventry Gardens | | Contact any Realtor | Westminster |
| Greenvale Mews | | Contact any Realtor | Westminster |
| Homeland Senior Condominiums | | Contact any Realtor | Sykesville |
| Manchester Manor | | 410-239-1154 | Manchester |
| Marvin Gardens | | Contact any Realtor | Eldersburg |
| Nell's Acres | | Contact any Realtor | Eldersburg |
| Reserve at New Windsor | | 443-671-6412 | New Windsor |
| Springdale Village | | Contact any Realtor | New Windsor |
| Wildwood Park | | Contact any Realtor | Mt. Airy |
| Winifred Manor | | Contact any Realtor | Eldersburg |

INDEPENDENT LIVING

| Name | Featured on Page | Phone | City | Website | Apartments | HUD Vouchers | Pets Allowed | Meals/Dining Services |
|------------------------------------|------------------|--------------|--------------|------------------------------------|------------|--------------|--------------|-----------------------|
| Brighview Westminster Ridge | | 410-871-2225 | Westminster | www.brightviewwestminsterridge.com | 100 | | x | x |
| Carroll Lutheran Village, Inc. | 7 | 877-848-0095 | Westminster | www.clvillage.org | 396 | | x | x |
| Fairhaven | | 866-934-0648 | Sykesville | | 297 | | x | x |
| Residences at The Hampstead School | | 410-374-8144 | Hampstead | www.residencesathampstead.com | 85 | x | | |
| Ridge Residences, Inc. | | 410-876-2250 | Westminster | www.ridgeresidence.com | 79 | | x | |
| Ridgely House | | 410-239-2236 | Hampstead | | 48 | x | | |
| Shriner Court Apartments | | 410-775-2940 | Union Bridge | | 20 | | | |
| Spencer Village Apartments | | 410-795-1840 | Eldersburg | www.spencervillage.net | 40 | x | x | |
| Sunnybrook Senior Apartments | | 410-871-9880 | Westminster | www.coniferliving.com | 150 | x | x | |
| Timber Ridge Apartments, Inc. | | 410-871-9880 | Westminster | www.ridgeresidence.com | 100 | | x | |
| Tremont Place | | 410-876-5622 | Westminster | | 82 | x | x | |
| Village House Apartments | | 410-795-0606 | Sykesville | www.villagehouseapartments.com | 54 | x | x | |
| Westminster Overlook | | 410-876-7600 | Westminster | | 98 | | x | |

NURSING AND REHABILITATION

| Name | Featured on Page | Phone | Address | City | Nursing Beds | Medicare | Medicaid | Daily Rates Starting at |
|---|------------------|--------------|---------------------|-------------|--------------|----------|----------|-------------------------|
| Atlee Hill Skilled Nursing & Rehab Center | | 443-289-3790 | 297 Stoner Avenue | Westminster | 60 | x | x | \$400 |
| Autumn Lake Healthcare at Birch Manor | | 410-795-1100 | 7309 Second Avenue | Sykesville | 118 | x | x | |
| Carroll Lutheran Village Health Care Center | 7 | 410-848-0225 | 300 St. Luke Circle | Westminster | 103 | x | x | |
| Copper Ridge | | 410-795-8808 | 710 Obrecht Road | Sykesville | 72 | x | x | |
| Fairhaven | | 410-795-8800 | 7200 Third Avenue | Sykesville | 69 | x | x | |

NURSING AND REHABILITATION

| Name | Featured on Page | Phone | Address | City | Nursing Beds | Medicare | Medicaid | Daily Rates Starting at |
|------------------------------------|------------------|--------------|------------------------|-------------|--------------|----------|----------|-------------------------|
| Autumn Lake Healthcare at Longview | | 410-239-7139 | 3332 Main Street | Manchester | 109 | x | x | |
| Lorien at Mount Airy | | 301-829-6050 | 713 Midway Avenue | Mt. Airy | 62 | x | x | \$409 |
| Lorien at Taneytown | | 410-756-6400 | 100 Antrim Boulevard | Taneytown | 63 | x | x | |
| Pleasant View Healthcare Center | | 410-442-1620 | 4101 Old National Pike | Mt. Airy | 104 | x | x | |
| Westminster Healthcare Center | | 410-848-0700 | 1234 Washington Road | Westminster | 158 | x | x | |

HOME HEALTH CARE

| Name | Featured on Page | Phone | Website | Live in Care | Companion/ Homemaker Care | Skilled Care | Personal Care | Medicare | Medicaid |
|---|------------------|--------------|---|--------------|---------------------------|--------------|---------------|----------|----------|
| 2nd Family Home Health Services | | 443-609-3640 | www.2ndfamily.com | | x | | x | | |
| Amedisys Home Health Care | | 410-751-9904 | www.amedisys.com | | | x | x | x | |
| Elizabeth Cooney Care Network | | 410-323-1700 | www.elizabethcooneyagency.com | x | x | x | x | | x |
| Help at Home Services | | 443-275-1524 | | | | | | | |
| Home Call | | 410-848-5379 | | | | x | x | | |
| Home Instead Senior Care | | 443-918-3100 | www.homeinstead.com/627 | | x | | x | | |
| HomeCare Maryland | | 410-566-5015 | www.lifebridgehealth.org/HomecareMD/HomecareMaryland.aspx | | | x | | x | x |
| Home With You | | 410-756-0959 | www.homewithyou.com | | x | | x | | |
| Right at Home In-Home Care & Assistance | 4 | 410-871-9804 | www.rightathome.net/carroll-county | x | x | | x | | |
| Lutheran Home Care & Hospice Inc | | 410-751-2429 | | | | | | | |
| Visiting Angels | | 410-549-8002 | | | | | | | |

ASSISTIVE DEVICES AND DURABLE MEDICAL EQUIPMENT

| Name | Featured on Page | Phone | City | Website | New | Used |
|---|------------------|---|--------------|---------------------------------------|-----|------|
| Anchor Medical and Respiratory Supplies | | 410-848-8901 | Westminster | www.anchorrx.com | x | |
| Family Pharmacy of Hampstead | | 410-239-3100 | Hampstead | www.familypharmacyofhampstead.com | x | |
| Goodwill | | 410-857-9993 | Westminster | www.gimv.org | | x |
| Lions Club - Loan Closet | | 410-386-3800 | | | | x |
| Manchester Pharmacy | | 410-239-2300 | Manchester | www.manchesterrx.com | x | |
| Maryland Durable Medical Equipment Re-Use (a MD Dept. of Aging Program) | | 240-230-8000 | | www.aging.maryland.gov/pages/DME.aspx | | x |
| Maryland Technology Assistance Program | | 800-832-4827 (Toll Free); 410-554-9230 | Baltimore | www.mdtap.org | x | x |
| McDougal's Pharmacy | | 410-795-2662 | Eldersburg | www.mygnp.com | x | |
| Medi Home Care | | 410-356-2206 | Owings Mills | | x | |
| Mid-Atlantic Medical Supply & Equipment | | 410-363-2279 | Reisterstown | www.suppliesforliving.com | x | |
| Therafit Rehab | | 410-871-2494 | Westminster | www.therafitrehab.com | x | |
| Union Bridge Pharmacy | | 410-775-7272 | Union Bridge | | x | |



CARROLL COUNTY



Need Home Delivered Meals?

FOR OLDER ADULTS

The Bureau of Aging & Disabilities Title III C program assists people 60 years and older, and their spouse of any age, who are homebound and can't shop for food or prepare meals because of illness and/or chronic physical disabilities. The driver who brings the meals also provides a smile and the daily social contact that everyone needs.

Participants can choose up to 3 meal options per day for up to 7 days a week.

People may request home delivered meals for themselves. Anyone may make a referral on an older adult's behalf:

- Friend or family member
- Doctor or healthcare staff

**For home delivered meals call:
Meals on Wheels of Central MD
410-558-0923**

**Web: mealsonwheelsmd.org
Email: info@mowcm.org**

MEAL EXAMPLES:

Breakfast

Turkey Sausage Patties
Hash Brown Patty
Whole Grain Waffles
Dried Peaches
Milk
Margarine
Syrup

Lunch/Dinner

Salisbury Steak
Brown Gravy
Whipped Potatoes
Mixed Vegetables
Whole Wheat Bread
Pears
Apple Juice
Skim Milk



For more information on Services:



Carroll County Bureau
of Aging & Disabilities
125 Stoner Ave
Westminster MD 21157
410-386-3800

Visit our website: carrollcountymd.gov/aging



Carroll County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.