

MONTGOMERY COUNTY RESOURCES FOR SENIORS

TRANSPORTATION

♦ Connect-A-Ride: 301-738-3252, connectaride@accessJCA.org

Free information and referral program

♦ Senior Smart Trip Card: 301-738-3252

◆ Call 'N' Ride Transportation: 301-738-3252

Provides alternative taxicab service to qualified low-income seniors (67+), to medical & personal appointments within Montgomery County

♦ Montgomery County Ride On and Transit

Seniors & people with disabilities ride free on from 9:30am – 3:00pm M-F. Seniors 65+ must have a valid metro senior ID or Medicare card with photo ID

♦ Aging & Disabilities Services Help Line: 240-777-3000

Montgomery County Help Line: 311

♦ Metro Access: Main Line: 301-562-5360

• Reservations: 301-562-5360

◆ <u>County Senior Center Shuttles</u>: Montgomery County Department of Recreation and Jewish Council on Aging have entered into an agreement that will provide a combination of curb-to-curb and fixed route transportation, M − F, to Recreation Department's five Senior Centers. Seniors 55 + are eligible

Taxicab Companies:

Action Taxi: 301-840-1222 Barwood Taxi: 301-984-1900
Orange Taxi: 301-912-0000 Regency Cab: 301-990-9000

Sub Cab: 301-252-0575

FIRE SAFETY OUTREACH

◆ Jim Resnick, Program Manager, Montgomery County Fire & Rescue 240-777-2426

james.resnick@montgomerycountymd.gov

MONTGOMERY COUNTY CAREGIVER SUPPORT & AGING SERVICES

Montgomery County Aging & Disability Services
 240-777-3000, ADS@MontgomeryCounty MD.gov

Holy Cross Hospital Caregiver Resource Center
 301-754-7152, www.holyhealth.org/caregivers-resource-

center

Respite Services of Montgomery County
 301-816-9647, respite@arcmontmd.org

♦ <u>Alzheimer's Association</u> 1-800-272-3900, <u>www.alz.org/nca</u>

◆ Financial Assistance 240-777-3000, ADS@MontgomeryCountyMD.gov

U.S. Government's Caregiver Resource Page http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml

♦ Lotsa Helping Hands www.lotsahelpinghands.com



SENIOR NUTRITION PROGRAM:

People 60+ and spouse of any age, as well as adults with disabilities are eligible to participate.

♦ Home Delivered Meals: 240-777-3810

♦ Senior Nutrition Hotline: Wednesdays 9am – 11am 240-777-1100

Senior Nutrition Programs at Senior Adult Day Care

Holy Cross Adult Day Care: Silver Spring, 301-754-7150

Misler Adult Day Center (Kosher): Rockville, 301-468-1740

The Support Center, Rockville: 301-738-2250

Winter Growth, Olney: 301-774-7501

♦ Senior Nutrition Programs at Recreation Centers

Ross Boddy Community Center, 18529 Brooke Road, Sandy Spring 20860, 240-777-8050 (temporarily closed

for renovation)

East County Community Center, 3310 Gateshead Manor Way, Silver Spring, 20904, 240-777-8090

Mid-County Community Center, 2004 Queensguard Road, Silver Spring, 20906, 240-777-6820

Marilyn J. Praisner Community Center, 14906 Old Columbia Pike, Burtonsville, 20866, 240-777-4970

MONTGOMERY COUNTY RECREATION DEPARTMENT

Senior Centers

- Damascus: 9701 Main Street, Damascus, 20874, 240-777-6995
- Holiday Park: 3950 Ferrara Drive, Wheaton, 20906, 240-777-4999
- ♦ Long Branch: 8700 Piney Branch Road, Silver Spring, 240-777-6975
- Margaret Schweinhaut: 1000 Forest Glen Road, Silver Spring, 20901, 240-777-8085
- ♦ White Oak: 1700 April Lane, Silver Spring, 20904, 240-777-6944

Aquatics Centers—Indoor Pools

- ♦ Germantown Swim Center: 18000 Central Park Circle, Boyds, 240-777-6830
- Kennedy Shriver Aquatic Center: 5900 Executive Blvd, N. Bethesda, 240-777-8070
- Martin L. King Jr Swim Center, 1201 Jackson Road, Silver Spring, 240-777-8060
- ♦ Olney Swim Center: 16005 Georgia Ave, Olney, 240-777-4995

Other Activities

- Maryland Senior Olympics: www.mdseniorolympics.org
- ♦ Senior Sports Leagues, Jim Ganz, 301-236-9130
- ♦ Travel, trips, tours: SOAR Program, 240-777-6870
- Montgomery County Parks: 301-495-2595
- ♦ Volunteering: 301-495-2504
- Part Time Employment: www.montgomerycountymd.gov/ohr

HOSPITAL OUTREACH RESOURCES:

Holy Cross Hospital

- Contact Person: Wendy Friar, VP Community Health <u>friarw@holycrosshospital.org</u>
- ♦ Tammy Duell, Director Medical Adult Day Care <u>duell@holycrosshospital.org</u>, 301-754-7151
- Brief description of services:

Community Fitness (senior fit – 24 sites)

Chronic Disease Self Management

Diabetes Self-Management

Pulmonary Maintenance

Classes (yoga, pilates, zumbia) Sarah McKechnie 301-754-7164

Medical Adult Day Care

Senior Source: downtown Silver Spring, Michelle Blanc, 301-557-1232

Suburban/Johns Hopkins Medical Centers

Community Health and Wellness-Well Works

Contact Person: Sara Demetriou, sdemetr2@jhmi.edu, 301-896-3844

• Brief description of services:

Well Works: Health Nutrition, Fitness & Community Outreach

Cancer Program Events, Cancer Support Groups

Community Health & Safety

Health Screenings, Health Lifestyles

Heartwell Programs

Joint & Spine Education

Nutrition & Weight Management

Senior Program

♦ Locations: Register online at events.suburbanhospital.org or call 301-896-3939

B-CC Regional Center 4805 Edgemoor Lane, Bethesda, MD

Clara Barton Community Center 7425 MacAarthur Blvd, Cabin John, MD

Friendship Heights Community Center 4433 S. Park Avenue, Chevy chase, MD

Gaithersburg Senior Center 80 Bureau Drive, Gaithersburg, MD

Holiday Park Senior Center 3950 Ferrara Drive, Wheaton, MD

Jane E. Lawton Community Center 4301 Willow Lane, Chevy Chase, MD

Johns Hopkins Health Care & Wellness Center 20500 Seneca Meadows Pkwy, Germantown, MD

Lakeforest Mall 701 Russell Avenue, Gaithersburg, MD



Margaret Schweinhaut Center 1000 Forest Glen Road, Silver Spring, MD

Potomac Community Center 11315 Falls Road, Potomac, MD

Rockville Community Center 1150 Carnation Drive, Rockville, MD

Suburban Hospital 8600 Old Georgetown road, Bethesda, MD
Sibley Memorial Hospital 5255 Loughboro Road, NW, Washington, DC

Adventist Health Care

Zachary Goodlin: zgoodlin@adventisthealthcare.com

Katherine Barmer: kbarmer@adventisthealthcare.com 301-891-6695 or 301-891-5465

♦ Adventist Community Clinic: 301-273-2512

Other Health & Fitness Programs

♦ MedStar Montgomery Medical Center (Olney) 301-774-8881

♦ Jewish Community Center, Rockville: 301-881-0100

♦ Washington Metropolitan Oasis: 301-469-6800

♦ Gaithersburg Senior Center: 301-258-6380

♦ Rockville Senior Center: 240-314-8800

MONTGOMERY COUNTY VOLUNTEER CENTER: Links residents to local volunteer opportunities: 240-777-2600

LIFELONG LEARNING & THE ARTS

♦ Montgomery College: Natasha Sachs: Natasha.Sachs@montgomerycollege.edu., 240-567-1828

• Lifelong Learning Brochure: http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html

◆ Arts for the Aging: Brandi Rose, 301-255-0103, brose@aftaarts.org

• Oasis: Provides lifelong learning, health programs and volunteer engagement.

Exec Director: Anna Stokes, 301-469-4976, astoke12@jhmi.edu

Program Director: Janice Pilner, 301-469-4960, jpliner1@jhmi.edu

OLDER DRIVER SAFETY RESOURCES

♦ AARP Driver Safety classes: 877-846-3299

Adventist Rehabilitation Hospital of Maryland, Driver Rehabilitation Program: 240-864-6202

Baker Driving Rehabilitation: 240-575-5856

◆ <u>CarFit</u> (improve the fit of your vehicle for comfort & safety: <u>cautiouscarfit@gmail.com</u>

◆ <u>Driver Wellness & Safety, Maryland MVA</u> (to refer to medical review process – 410-768-7511

◆ To Drive or Not to Drive: (make a personal plan for your driving needs: 301-816-2665