



Community Resource Guide

Allegheny County, Maryland and
surrounding area

For additional resources, go to Maryland Access Point
<http://www.marylandaccesspoint.info/>



Allegheny County Health Planning Coalition

updated February 2017

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Behavioral Health

Crisis Services

| | |
|--------------------------------------|----------------|
| WMHS After-Hour Emergency | 240-964-1399 |
| Maryland Crisis Hotline Network | 800-422-0009 |
| National Suicide Prevention Lifeline | 1-800-273-TALK |

Mental Health Services

| | |
|---|--------------|
| Allegany County Health Department Behavioral Health | 301-759-5280 |
| WMHS Outpatient Behavioral Health Services | 240-964-8585 |
| WMHS Inpatient Psychiatric and Addictions Services | 240-964-2200 |
| Thomas B. Finan Center | 301-777-2405 |
| Garrett County Behavioral Health | 301-334-7680 |

Addictions Services

| | |
|--|------------------------------|
| Allegany County Health Department Behavioral Health | 301-759-5280 or 301-759-5050 |
| WMHS Outpatient Behavioral Health Services | 240-964-8585 |
| Potomac Highlands Guild (hotline/walk in crisis/referrals) | 800-545-HELP |
| New Creek | 304-788-2241 |
| Romney | 304-822-3897 |
| Petersburg | 304-257-1155 |
| Moorefield | 304-538-2302 |

Outpatient Treatment Facilities

| | |
|--|--------------|
| WMHS Occupational Health | 240-964-9355 |
| Western Maryland Recovery Services | 301-724-1144 |
| Cumberland Treatment Center | 301-687-0940 |
| Western Maryland Pain & Rehab Center | 240-362-7220 |
| ADAC (alternative drug and alcohol counseling) | 301-729-0340 |

In Patient

| | |
|---|--------------|
| WMHS Inpatient Psychiatric and Addictions Services | 240-964-2200 |
| Joseph S Massie Unit, Cumberland, MD | 301-777-2285 |
| Lois E. Jackson Unit (adolescent/IP addictions program) | 301-777-2290 |
| Somerset Hospital, Twin Lakes Center PA | 814-443-3639 |
| John D Good Recovery Center, WV | 304-789-3142 |
| Chestnut Ridge, WV | 304-598-6400 |
| Bob Mays Recovery Center, WV | 304-623-2178 |
| Mt Manor, Emmitsburg, MD | 800-446-8833 |

Early Intervention for Teens at Risk of Substance Use Disorders

| | |
|---|--------------|
| Allegany County Health Department Behavioral Health | 301-759-5050 |
|---|--------------|

Services for Pregnant Women and Drug-Affected Infants

Healthy Start and New Beginnings 301-759-5079

DWI Education Program

Allegany County Health Department Behavioral Health 301-759-5050

ADAC (alternative drug and alcohol counseling) 301-729-0340

Behavioral Health Support Services/Groups

Mental Health Systems Office (case management) 301-759-5070

Allegany County Health Department Behavioral Health 301-759-5050

Maryland Public Mental Health System 800-888-1965

Hope Station 240-362-7168

Family Crisis Resource Center 301-759-9244

Archway Station 301-777-1700

Pressley Ridge 301-724-8413

Alcoholics Anonymous 301-722-6110

Narcotics Anonymous 301-722-6110

Al-Anon 301-722-6110

Local Outpatient Behavioral Health Providers

| Provider Name and Address | Phone |
|--|--------------|
| WMHS Behavioral Health (counseling & psychiatrists) 12502 Willowbrook Rd. Suite 380, Cumberland MD | 240-964-8585 |
| Dr. Nava 81 Baltimore St. Cumberland MD | 301-777-9330 |
| Dr. Nagulendren Cumberland, MD | 301-777-9330 |
| Allegany Behavioral Medicine, LLC (counseling & psychiatrists) 517 Oldtown Rd, Cumberland, MD | 240-362-7077 |
| Dr. Lynn | 301-777-0620 |
| Allegany County Health Dept Behavioral Health (counseling & psychiatrists) PO Box 1745 Willowbrook Rd. Cumberland, MD | 301-759-5280 |
| Zealand Psychological Assoc. 152 Bedford St. Cumberland, MD | 301-722-8000 |
| Psychological Services of WMD 925 Bishop Walsh Rd. Cumberland, MD | 301-777-0451 |
| Allegany Counseling & Consulting Services Ann Sheetz, LCPC (refers to psychiatrists for meds) 36 Greene St. Cumberland, MD | 301-724-1697 |

Local Outpatient Mental Health Providers

| Provider Name | Address | Phone |
|---|--|------------------------------|
| Suanne Lewis, PhD. | Cumberland, MD | 301-759-2813 |
| Davis Dayhoff, PhD. | 9 Market St., Cumberland, MD | 301-759-3360 |
| Committed to Change | Glenn St., Cumberland, MD | 240-580-1919 |
| Kevin Peterson, PhD. | 9 Market St. Cumberland, MD | 301-759-3360 |
| Jim Miller, PhD. Helen Miller, LCPC | 153 Baltimore St, 3 rd Floor, suite 1 Cumberland, MD | 301-724-4081 |
| Dr. Debra N. Schaaf, PhD. | Washington St. Cumberland | 301-724-5544 |
| Chapman and Associates Health Care | 922 National Hwy. LaVale | 240-362-7294 |
| Covenant Counseling | 907 Seton Drive Cumberland, MD | 301-777-0633 |
| Family Crisis Resource Ctr. (free to victims of domestic violence) | 146 Bedford St. Cumberland, MD | 301-759-9246 |
| FSU Counseling | FSU- Braddock Rd Frostburg, MD | 301-687-4234 |
| Dept of Veteran Affairs | 200 Glenn St Cumberland, MD | 301-724-0061 |
| Appalachian Wellness Center | 507 Henderson Ave Cumberland, MD or 90 Main St. Westernport | 301-724-7277 301-359-9418 |
| Potomac Behavioral & Occupational Therapy | 249 Henderson Ave. Cumberland | 240-362-7444 |
| Steven Hartsock, PhD | 72 Pershing St. Cumberland | 301-777-9005 |
| WASHINGTON COUNTY | | |
| Washington County Behavioral Health | 24 North Walnut Street, Suite 300 Hagerstown, MD 21740 | 301-766-7600 |
| Brooklane | P.O. Box 1945 Hagerstown, MD 21742 | 800-342-2992 |

Local Outpatient Mental Health Providers

| GARRETT COUNTY | | |
|--|--|--------------------------------|
| Provider Name | Address | Phone |
| Dr. Stewart Callis (psychiatrist)ALSO AT GCHD | 317 E. Oak St. Oakland, MD | 301-334-5281 |
| Garrett Cty. MHClinic (counseling & psychiatrists) | 1025 Memorial Drive Oakland, MD 21550 | 301-334-7680 |
| Christian Counseling Services Dr. Seth Ramer | PO Box 82 Grantsville MD | 301-895-3117 |
| WEST VIRGINIA | | |
| Provider Name | Address | Phone |
| Potomac Highlands Guild Keyser Office (counseling & psychiatrists) | PO Box 128 New Creek, WV 26743 | 304-788-2241 1-800-545-4357 |
| Potomac Highlands Guild Romney Office (counseling & psychiatrists) | 245 Charlevoix Pl. PO Box 1583 Romney, WV 26757 | 304-822-3897 1-800-545-4357 |
| Potomac Highlands Guild Petersburg Office (counseling & psychiatrists) | 7 Mountain Views St Petersburg, WV 26847 | 304-538-2302 1-800-545-4357 |
| Potomac Highlands Guild Franklin Office (counseling & psychiatrists) | PO box 412 Franklin, WV 26807 | 304-358-2351 1-800-545-4357 |
| Dr. Scott Thomas | Rt. 3, Box 3152, Keyser, WV 26726 | 304-788-9320 |
| Greg Trainer and Assoc. | 155 Armstrong St, #8 Keyser, WV | 304-788-1138 |
| Mtn. State Psych Services | 130 Center St., Keyser, WV 26726 | 304-788-1113 |
| Eastern Psychological Services | 278 N. High St. Romney, WV 26757 | 304-822-3429 |
| Watermark Counseling | 1 st Place on North Mill Drive Ft. Ashby, WV 26719 | 304-298-4082 |
| Family Crisis Center (free to victims of domestic violence) | 28 North "F" St., Keyser, WV 26726 | 304-788-6061 |

This is not a full list of all providers and providers change often so you may want to consult with your insurance company for additional providers.

Local Outpatient Mental Health Providers

PENNSYLVANIA

| Provider Name | Address | Phone |
|---|--|--------------|
| Bedford & Somerset Mental Health Clinic (counseling & psychiatrists) | 1243 Shed Rd. Bedford, PA 15522 | 814-623-5166 |
| Hyndman Health Clinic | 144 Fifth Ave. PO box 706 Hyndman PA 15545 | 814-842-3206 |

Childcare and Education

Child Care

| | |
|---|--------------|
| Apples for Children | 800-924-9188 |
| Office of Child Care | 301-777-2091 |
| DSS Child Care Subsidy | 301-784-7000 |
| Maryland Family Network - locate child care | 800-924-9188 |

Early Childhood Education

| | |
|--------------------------------------|--------------|
| Head Start and Early Head Start | 301-777-5970 |
| Judy Center at Beall Frostburg | 301-689-8489 |
| Judy Center at South Penn Cumberland | 301-687-9022 |

Education

| | |
|------------------------------------|--------------|
| Allegany County Board of Education | 301-759-2000 |
|------------------------------------|--------------|

Children's Health

Children's Health Services

| | |
|--|--------------|
| Allegany County Health Dept Immunization Program | 301-759-5082 |
| Allegany County Health Dept Lead Program | 301-759-5077 |

Children with Special Health Care Needs

| | |
|--|--------------|
| Children and Youth with Special Health Care Needs | 301-759-5077 |
| Infants and Toddlers Program (developmental delays) | 301-759-5081 |
| Service Coordination, Inc (developmental disabilities) | 301-722-1470 |
| Developmental Disabilities Administration | 301-791-4670 |

Child Development Screening and Therapy

| | |
|------------------------------|--------------|
| Infants and Toddlers Program | 301-759-5081 |
| The Children's League | 301-759-5200 |
| Allegany Hearing and Balance | 301-729-1635 |

Clothing (For Emergency Situations)

| | |
|---|--------------|
| YMCA Downtown | 301-724-5445 |
| *Monday-Thursday 9am-4pm and Friday 9am-12pm | |
| St. Mary's Clothing Room 3000 Oldtown Rd. Cumberland MD | 301-777-2659 |
| Wednesdays 9-11am (mostly infant and young children) | |
| Cumberland Community Church 12900 Bedford Rd | 301-777-8839 |
| Cumberland 2nd Saturday of month 9-11am Clothing | |

Dental Services

Dental Care

| | |
|--|--------------|
| Allegany Health Right | 301-777-7749 |
| Garrett County Dental Health | 301-334-7660 |
| Hyndman Dentistry Clinic | 814-842-3206 |
| Allegany College Dental Hygiene Clinic | 301-784-5250 |
| WVU School of Dentistry Dental Clinic | 304-293-6208 |

Dental Care for Children and Pregnant Women with Medical Assistance

| | |
|-----------------------------------|--------------|
| Allegany County Health Department | 301-759-5030 |
|-----------------------------------|--------------|

Extractions for Adults

| | |
|-----------------------------------|--------------|
| Allegany County Health Department | 301-759-5030 |
|-----------------------------------|--------------|

Donated Dental Care for Individuals with Disabilities

| | |
|----------------------------------|--------------|
| Maryland Foundation of Dentistry | 410-964-1944 |
|----------------------------------|--------------|

Disease Specific Services

Cancer

| | |
|--|----------------|
| Breast and Cervical Cancer Screening Program | 301-759-5083 |
| Colorectal and Skin Cancer Screening Program | 301-759-5121 |
| Maryland Cancer Fund (treatment grants) | 301-759-5121 |
| WMHS Schwab Family Cancer Center | 240-964-1400 |
| American Cancer Society | 1-800-ACS-2345 |

Diabetes

| | |
|----------------------------------|-------------------|
| YMCA Diabetes Prevention Program | 301-777-9622 x117 |
|----------------------------------|-------------------|

Diabetes, Heart Failure, COPD/Respiratory, Anticoagulation & Medication Mgmt.

| | |
|------------------------------------|--------------|
| WMHS Center for Clinical Resources | 240-964-8787 |
|------------------------------------|--------------|

Multiple Sclerosis

| | |
|--|--------------|
| National Multiple Sclerosis Society (MS) | 443-641-1200 |
| Transportation for MS medical appointments | 800-344-4867 |

HIV/AIDS

| | |
|---------------------------------|--------------|
| HIV/AIDS Counseling and Testing | 301-759-5138 |
| Project HOME | 301-784-7111 |

Alzheimer's

| | |
|---|--------------|
| Alzheimer's Association 24/7 Helpline | 800-272-3900 |
| Alzheimer's Association of Western Maryland | 301-696-0315 |
| Alzheimer's Caregivers' Support Group | 301-707-9904 |

Wound Care

| | |
|------------------------|--------------|
| WMHS Wound Care Center | 240-964-8711 |
|------------------------|--------------|

Family Services

Family Support Services

| | |
|------------------------------------|--------------|
| First Way Pregnancy Support Center | 301-777-1261 |
| Family Junction | 301-777-2858 |
| Family Crisis Resource Center | 301-759-9244 |
| Department of Social Services | 301-784-7000 |

Miscellaneous Family Services

| | |
|---|--------------|
| Poison Control | 800-222-1222 |
| Smoke Detectors, Fire Marshall's Office | 301-729-5021 |

Financial

| | |
|-------------------------------------|--------------|
| Temporary Cash Assistance | 301-784-7000 |
| WMHS Patient Assistance | 240-964-1728 |
| Social Security Disability Benefits | 800-772-1213 |
| Supplemental Security Income | 800-772-1213 |

Food and Nutrition

SNAP Program/Food Stamps

| | |
|---|--------------|
| Allegany County Department of Social Services | 301-784-7000 |
| Garrett County Department of Social Services | 301-533-3000 |
| West Virginia Food Stamps | 304-788-4150 |
| Pennsylvania Department of Public Welfare | 800-692-7462 |

WIC Program

| | |
|---------------------|--------------|
| Allegany County WIC | 301-759-5020 |
| Garrett County WIC | 301-334-7710 |
| Mineral County WIC | 304-788-1693 |
| Bedford County WIC | 814-623-6571 |

Meal Services

| | |
|-------------------------------------|--------------|
| HRDC age 60+ | 301-777-5970 |
| HRDC under 60 | 301-783-1722 |
| Mom's Meals | 866-204-6111 |
| Cumberland Senior Citizen Center | 301-783-1722 |
| Frostburg Senior Citizen Center | 301-689-5510 |
| Georges Creek Senior Citizen Center | 301-463-6215 |
| Westernport Senior Citizen Center | 301-359-9930 |

Nutrition Programming

| | |
|---|--------------|
| University of Maryland Extension | 301-724-3320 |
| Expanded Food & Nutrition Education Program | |
| Food Drop Coordination | |
| WMHS Food & Nutrition- Dietitian | 240-964-8416 |
| Change to Win- Weight Management | 240-964-8416 |
| Grocery Store Tours | 240-964-2303 |

Emergency Food

| | |
|---|--------------|
| DSS Food Supplement | 301-784-7000 |
| Associated Charities | 301-784-7254 |
| Hope Station | 240-362-7168 |
| Lonaconing SHIP (2nd Saturday of month \$12 then \$6) | 301-689-2554 |
| Healing Hunger (referrals from social services only) | 301-724-4467 |
| Bountiful Blessing | 717-802-1222 |

Food continued

Salvation Army, 701 E. First St., Cumberland, MD
 *Monday – Friday 8:30am-4:00pm (closed 12pm-1:00pm) 301-777-7600
 Can come once a month. Must bring ID.

Interfaith Food Pantry, 301 Cumberland St., Cumberland, MD
 Monday – Friday 9am-2pm *Client needs referral from DSS 301-777-7882
 This pantry will provide one grocery voucher

LaVale United Methodist Church, 565 National Hwy, LaVale,
 Tuesdays and Thursdays 1:00pm-2:30pm 301-722-6800

St. Anthony's Place, 109 N. Smallwood St., Cumberland, MD
 Monday-Friday 1pm-3pm *Client needs referral from DSS 301-777-1750

Union Rescue Mission 16 Front St., Cumberland, MD 301-724-1585
 Serves three hot meals a day(8a, 11:30am, 5pm), Everyday

Current Food Drops (UM Extension coordinates) 301-724-3320

St. John's Lutheran Church 400 Arch St. Cumberland, MD
 3rd Tues of month at 2pm 301-724-7250

Mt. Savage Pantry 4th Wednesday of month 11am

Bruce Outreach Center 380 Philos Ave Westernport, MD
 2nd Friday of month 8:30am 301-359-9706

Community Meals

St. John's Lutheran Church 400 Arch St. Cumberland, MD
 2nd Sunday of month at 1pm 301-724-7250

Wesley Chapel United Methodist Church Short Gap, WV
 Wednesdays at 5:30pm 304-726-7215

Centre Street United Methodist Church 217 N. Centre St.
 Cumberland MD Last Wednesday of month 4-6pm 301-722-5370

Christ Lutheran Church 1222 Vocke Rd LaVale, MD Last Saturday of
 month 4-6pm 301-729-1010

Health Insurance Coverage

Health Insurance Exchange

Western Maryland Health Insurance Connector 888-202-0212

Allegany County 301-723-7093

Garrett County 301-501-5700

Washington County 301-302-0052

West Virginia residents 800-318-2596

Pennsylvania residents 800-318-2596

Health Insurance Coverage

Medical Assistance

| | |
|---|--------------|
| Allegany County Health Department | 301-759-5076 |
| Allegany County Department of Social Services | 301-784-7000 |
| Garrett County Health Department | 301-334-7720 |
| Garrett County Department of Social Services | 301-533-3000 |
| West Virginia Medical Assistance | 304-788-4150 |
| Pennsylvania CHIP | 800-986-5437 |

Federally-Qualified Health Centers

| | |
|---------------------------------------|--------------|
| Tri-State Community Health Center | 301-722-3270 |
| Mt. Laurel Medical Center Grantsville | 301-533-3300 |
| Hyndman Area Health Center | 814-842-3206 |

Seniors

| | |
|--|----------------|
| Medicare Service Center | 1-800-MEDICARE |
| Medicare Savings Programs | 301-784-7000 |
| Senior Health Insurance and Assistance Program | 301-783-1710 |
| Medicaid Waiver for Older Adults | 301-783-1706 |

Health and Wellness

Wellness Support via WMHS

| | |
|---------------------------------|--------------|
| Wellness Coaching | 240-964-8424 |
| Bariatric Support Group | 240-964-8617 |
| Bereavement Support Group | 240-964-9000 |
| Better Breathers Club | 240-964-3807 |
| Cancer Support Services | 240-964-1400 |
| Diabetes Support Group | 240-964-8789 |
| Heart Healthy Education Classes | 240-964-8677 |
| Live Well with Kidney Disease | 240-964-8600 |
| Stroke Support Group | 240-964-4766 |
| Faith Community Nurse Program | 240-964-8421 |

Assistance Quitting Smoking

| | |
|-----------------------------------|----------------|
| Allegany County Health Department | 301-759-5050 |
| Garrett County Health Department | 301-334-7777 |
| Tobacco Quitline (all states) | 1-800-QUIT-NOW |

Housing and Utilities

Affordable Housing

| | |
|---|--------------|
| Cumberland Housing Authority | 301-724-6606 |
| Allegany County Housing Authority | 301-759-2880 |
| Frostburg Housing Authority | 301-689-9700 |
| HRDC Affordable Housing Program | 301-783-1713 |
| Section 8 Voucher Rental Assistance Program | 301-783-1880 |

Rent and Utilities Assistance

| | |
|-------------------------------------|--------------|
| HRDC Office of Home Energy Programs | 301-777-8550 |
| DSS Energy Assistance | 301-784-7000 |
| Associated Charities | 301-784-7254 |
| Salvation Army | 301-777-7600 |
| Renter's Tax Credit Program | 301-777-2108 |
| Pennsylvania Heating Assistance | 866-857-7095 |
| West Virginia Energy Assistance | 800-642-8589 |

Emergency Housing

| | |
|------------------------------------|--------------|
| Union Rescue Mission | 301-724-1585 |
| DSS Shelter Placement | 301-784-7000 |
| HRDC Homeless/Transitional Housing | 301-777-8286 |
| YMCA | 301-724-5445 |
| Associated Charities | 301-784-7254 |
| Family Crisis Resource Center | 301-759-9244 |

Home Repair/Modification

| | |
|-----------------------------------|--------------|
| Nails Mission Project | 301-722-6958 |
| Group Cares and HRDC | 301-783-1713 |
| Weatherization Assistance Program | 301-777-8550 |
| Camp Hope | 301-689-0444 |

Legal

Protective Services

| | | |
|---------------------------|-------------|--------------|
| Child Protective Services | Work hours | 301-784-7122 |
| Child Protective Services | After hours | 301-759-0362 |
| Adult Protective Services | | 301-784-7050 |

Legal

Legal Services

| | |
|--------------|--------------|
| Allegany Law | 301-722-3390 |
| Legal Aid | 301-777-7474 |

Child Support Enforcement

| | |
|-------------------------------------|--------------|
| Office of Child Support Enforcement | 800-332-6347 |
|-------------------------------------|--------------|

Senior Guardianship

| | |
|---------------------------------|--------------|
| HRDC Public Senior Guardianship | 301-783-1709 |
|---------------------------------|--------------|

Medical Equipment, Hearing, Vision

Medical Equipment

| | |
|--------------------------------|---------------|
| The League- A Children's Place | 301-759-5200 |
| Lion's Club | |
| Mt. Savage | 814-324-4440 |
| LaVale | 301- 729-4166 |
| Lonaconing | 301-463-5845 |
| Oldtown | 301-478-5163 |
| Frostburg | 301-687-0212 |
| Allegany Health Right | 301-777-7749 |
| Woodmen of the World | 301-777-2119 |

Vision

| | |
|--------------------|----------------|
| Lion's Club Vision | 301-729-1110 |
| Eye Care America | 1-800-222-3937 |

Hearing

| | |
|-------------------------------------|----------------|
| Hear Now Program | 1-800-328-8602 |
| Maryland Relay (communication tool) | 1-800-552-7724 |

Physical Therapy Agencies

| | |
|--|--|
| <p>Allegany Physical Therapy Agency 924 Bishop Walsh Road Cumberland, MD 21502 301-777-0797</p> | <p>Allegany Physical Therapy Agency 10601 New Georges Creek Road. S.W. Frostburg, MD 21532 301-689-9377</p> |
| <p>Garrett Rehab Services 6500 Thayer Center Oakland, MD 21550 301-334-1863</p> | <p>GO Physical Therapy 13141 Garrett Hwy. Oakland, MD 21550 301-334-5220</p> |
| <p>Hamilton Physical Therapy 739 N. Main Street Moorefield, WV 26836 304-538-7971</p> | <p>Hand Institute 309 Willowbrook Rd #2 Cumberland, MD 21502 301-777-2170</p> |
| <p>MRS Physical Therapy 300 Beachley Street Meyersdale, PA 15552 814-634-5373</p> | <p>Progressive Physical Therapy 11801 Industrial Park Street Cumberland, MD 21502 301-729-3485</p> |
| <p>Progressive Physical Therapy Route 3, Box 3266 Keyser, WV 26726 304-788-7816 or 301-723-4240</p> | <p>Progressive Physical Therapy 447 W. Main Street Romney, WV 26757 304-822-6024</p> |
| <p>PVH Physical Therapy S. Mineral Street Keyser, WV 26726 304-788-3141</p> | <p>Rehab First 157 Baltimore Street Cumberland, MD 21502 301-722-3680</p> |
| <p>Rehab First 225 East Main Street Frostburg, MD 301-689-5233</p> | <p>Rehab Solutions 21907 Westernport Road McCoole, MD 21562 301-786-4171</p> |
| <p>Western Maryland Health System 12500 Willowbrook Road Cumberland, MD 21502 240-964-1800</p> | |

Prescription Assistance

Emergency Prescription Assistance

Associated Charities (Allegany, Mineral Co.) 301-784-7053

Long-term Prescription Assistance

Associated Charities (Allegany, Mineral Co.) 301-784-7053
 Rx Outreach 800-769-3880
 Garrett County Health Department 301-334-7777
 West Virginia Rx 877-388-9879

Drop Off Unwanted Prescription Drugs

Information on Drop Off Sites 301-759-5050

Services for Individuals with Disabilities

| | |
|---|------------------------------|
| Abilities Network Autism, epilepsy, employment | 301-777-2895 |
| Archway Station Residential and day services | 301-777-1700 |
| Blind Industries and Services of Maryland-Services and employment for visually impaired | 301-724-4111 |
| The Coordinating Center-Care coordination, community programs | 301-621-7830 or 410-987-1048 |
| Council for Exceptional Children-Group style homes, respite | 301-729-8600 |
| Developmental Disabilities Administration -Info and resources | 301-791-4670 |
| Division of Rehabilitation Services (DORS)-Employment | 301-777-2119 |
| Family Support Services - Special Education Network | 240-920-6829 |
| Friends Aware, Inc.-Residential group homes, vocational | 301-722-7268 |
| Horizon Goodwill Industries-Career planning, job training, benefit assessment | 301-729-9404 |
| Living at Home Waiver Program-support services to live home | 410-987-1048 |
| Maryland Access Point-Information and resources | 301-783-1752 |
| MD Department of Disabilities-Information and resources | 800-637-4113 |
| Ray of Hope-Residential and day services | 301-722-4560 |
| Resources for Independence-Advocacy | 301-784-1774 |
| Special Olympics-Athletic training, competition | 301-689-5590 |
| Spectrum Support Services-Vocational, family support | 301-724-1690 |
| Unified Community Connections -Residential and day services | 301-729-4295 |

Senior Care Resources

| | |
|---------------------------------------|--------------|
| Adult Evaluation Review Services | 301-759-5210 |
| Senior Care/Personal Care Program | 301-759-5210 |
| Social Services to Adults | 301-784-7069 |
| Project HOME | 301-784-7069 |
| Group Senior Assisted Housing Subsidy | 301-783-1709 |
| Medicaid Waiver for Older Adults | 301-783-1706 |
| Long-term Care Ombudsman | 301-783-1771 |
| Respite for Family Caregivers | 301-759-5210 |

Senior Centers

| | |
|---|--------------|
| Cumberland Senior Citizen Center 125 Virginia Ave, Cumberland, MD | 301-783-1722 |
| Frostburg Senior Citizen Center 27 S. Water St, Frostburg, MD | 301-689-5510 |
| George's Creek Senior Citizen Center 7 Hanekamp St, Lonaconing, MD | 301-463-6215 |
| Westernport Senior Citizen Center 33 Main Street, Westernport, MD | 301-359-9930 |

Adult Medical Day Care

| | |
|---|----------------------------------|
| Cumberland Covenant House 214 A Paca Street, Cumberland | 301-722-6681 fax-301-722-6690 |
| Evergreen Adult Day Care Services 1 Baltimore Street, Cumberland, MD | 301-777-2650 fax-301-777-2651 |
| George's Creek Adult Care Center 7 Hanekamp St, Lonaconing, MD | 301-463-4085 fax-301-463-4076 |
| United Cerebral Palsy 609 N. Mechanic St, Cumberland, MD | 301-729-4275 800-843-0490 |
| Willow Creek Adult Care Center 720 Furnace Street, Cumberland | 301-777-8422 fax-301-722-6211 |

Congregate Housing

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| Frostburg Heights Apartments 100 Honeysuckle Lane, Frostburg, MD | 301-689-2268 |
| Willow Valley Apartments (age 62 & up) 701 Furnace Street, Cumberland, MD | 301-777-1254 |

In-Home Assistance

In-Home Aid

DSS In-Home Aide Service (IHAS) 301-784-7183

In-Home Aid (private pay agencies)

Comfort Keepers 240-362-7074

Personal Home Care Services 301-697-0850

ProCare Home Health Providers 301-876-9152

Tender Loving Care, Inc. 301-729-4727

In-Home Nursing Services

WMHS Home Health 240-964-9100

WMHS Community Health Workers 240-964-9213

Hospice Services 240-964-9000

In-Home Dr. Visits for Homebound Clients

Tri-State Community Health Center 301-722-3270

Mountain View Primary Care 301-759-4544

In-Home Lab Work

WMHS - must fax doctor's orders fax 240-964-2525

Assisted Living Facilities-Allegany County

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| Countryhouse (Alzheimer's) | 15 Cumberland Street Cumberland, MD 21502 | 301-777-8717 |
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| Evans Assisted Living | 631 Braddock Ave. LaVale, MD 21502 | 240-522-0384 |
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| Frostburg Village | 100 Village Parkway Frostburg, MD 21532 | 301-689-7480 |
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| Kensington-Algonquin | 1 Baltimore Street Cumberland, MD 21502 | 301-777-8800 |
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| New Hope Assisted Living | 11609 Bierman Drive Cumberland, MD 21502 | 301-759-1471 |
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| Sincerely Yours <small>* Accepts Group Senior Assisted Housing</small> | 15900 Williams Road Cumberland, MD 21502 | 301-724-9131 |
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| Golden Living Community (Chateau) | 506 White Ave. Cumberland, MD 21502 | 301-722-5535 |
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Senior Housing

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| Braddock's Greene (age 62 & up) 100 Braddock Street, Frostburg, MD | 301-689-3085 |
| Cascades (age 62 & up) 701 E. 4th Street, Cumberland, MD | 301-724-3033 |
| Cumberland Arms 10 North Liberty Street, Cumberland, MD | 301-724-0341 |
| Cumberland Manor 229 Baltimore Ave., Cumberland, MD | 301-777-5186 |
| Cumberland Meadows (age 62 & up) 12500 Old Willowbrook Road, Cumberland, MD | 301-777-0008 |
| Frostburg Apartments | 301-689-2268 |
| Grande View Apartments 25801 Shady Lane, Westernport, MD | 301-359-9510 |
| Hammond Heights 421 Hammond Street, Westernport, MD | 301-359-0877 |
| John F. Kennedy Apartments 135 N. Mechanic Street, Cumberland, MD | 301-724-6606 |
| Kensington-Algonquin 1 Baltimore Street, Cumberland, MD | 301-777-8800 |
| Lana Lu Apartments 40 Main Street, Lonaconing, MD | 301-463-6501 |
| Mountain View (formerly Booth Towers) 220 Sommerville Ave., Cumberland, MD | 301-777-7603 |
| Queen City Towers 235 Paca Street, Cumberland, MD | 301-724-6606 |
| Orchard Mews | 301-729-2338 |
| Valley View Apartments 81 E. Mechanic Street, Frostburg, MD | 301-689-3474 |
| Washington Ridge Apartments | 301-687-0363 |

Assisted Living Facilities- Outside Allegany

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| Autumn Assisted Living | Hagerstown, MD | 301-766-9202 |
| Charlotte's Home I & II | Boonsboro, MD | 301-432-2415 |
| Cherry Hill | Accident, MD | 301-746-8082 |
| C.J.'s Senior Care | Hagerstown, MD | 301-791-6186 |
| Colonial Courtyard | Bedford, PA | 814-624-0100 |
| Divine's | Salisbury, PA | 814-662-4502 |
| Fahrney-Keddy Home & Village | Boonsboro, MD | 301-733-6284 |
| Golden Retreat Assisted Living | Hagerstown, MD | 301-393-3609 |
| Henry Clay Villa | Markleysburg, PA | 724-329-5545 |
| Heritage at Siemon's Lakeview Manor Estates | Somerset, PA | 814-444-1844 |
| Holly Place | Hagerstown, MD | 301-733-3008 |
| Homewood @ Williamsport | Williamsport, MD | 301-582-1750 |
| Johnson's Personal Care Facility | Meyersdale, PA | 814-634-5160 |
| Karen Miller's | Confluence, PA | 814-395-5812 |
| Katie Miller's | Confluence, PA | 814-395-3159 |
| Loyalton of Hagerstown | Hagerstown, MD | 301-733-3353 |
| Mallard House Personal Care | Somerset, PA | 814-445-4663 |
| Miriam Grahams | Clearville, PA | 814-767-9580 |
| Nelda Tasker | Oakland, MD | 301-334-3387 |
| North Holly Place | Hagerstown, MD | 301-791-3854 |
| The Patriot-A Choice Community | Somerset, PA | 814-445-4549 |
| Rest Assured | Meyersdale, PA | 814-634-0567 |
| Rose Terrace | Oakland, MD | 301-334-2953 |
| Somerford Assisted Living | Hagerstown, MD | 301-791-5118 |
| Somerford Assisted Living | Hagerstown, MD | 301-791-5118 |
| Village at Robinwood/Ravenwood Lutheran | Hagerstown, MD | 240-420-4119 |
| Williamsport Retirement Village | Williamsport, MD | 301-223-7971 |

Local Nursing Homes

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| Allegany Health Nursing & Rehabilitation | 301-777-5941 |
| 730 Furnace Street | FAX 301-777-2300 |
| Cumberland, MD 21502 | |

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| Golden Living Center | 301-724-6066 |
| 512 Winifred Road | FAX 301-724-6319 |
| Cumberland, MD 21502 | |

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| Oakland Nursing & Rehab | 301-334-2333 |
| 706 E. Alder Street | FAX 301-334-3345 |
| Oakland, MD | |

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| Dennett Road Manor | 301-334-8700 |
| 1113 Mary Drive | FAX 301-334-8347 |
| Oakland, MD 21550 | |

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| Devlin Manor Nursing Home | 301-724-1400 |
| 10301 Christie Road, N.E. | FAX 301-724-1784 |
| Cumberland, MD 21502 | |

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| Egle Nursing Home | 301-463-5451 |
| 57 Jackson Street | FAX 301-463-5456 |
| Lonaconing, MD 21539 | |

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| Frostburg Village Nursing Home | 301-689-7504 |
| 1 Kaylor Circle | FAX 301-689-3586 |
| Frostburg, MD 21532 | |

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| Goodwill Mennonite Home, Inc. | 301-895-5194 |
| 891 Dorsey Hotel Road | ext. 204 |
| Grantsville, MD 21536 | FAX 301-895-3957 |

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| Lions Center for Rehabilitation & Ext. Care | 301-722-6272 |
| 901 Seton Drive, Ext. | FAX 301-722-0754 |
| Cumberland, MD 21502 | |

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| Moran Manor Nursing Home | 301-359-3000 |
| 25701 Shady Lane, S.W. | FAX 301-359-0121 |
| Westernport, MD 21562 | |

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| WMHS Frostburg Nursing & Rehabilitation Center | |
| 48 Tarn Terrace | 301-689-1391 |
| Frostburg, MD 21532 | FAX 301-689-6251 |

Transportation

Transportation Information and Resources

HRDC Mobility Manager Monday -Friday 10:00am to 2:00pm 301-783-1725
Allow 72 hours to set up transportation.

Public Transportation

Allegany County Transit 301-722-6360

Transportation for Medical Assistance Clients

Med Trans 301-759-5123

Transportation for Disabled and Elderly Clients

All Trans 301-724-1255

Other

Bay Runner Shuttle (trips to Baltimore) 301-898-2571

Urgent Care

Frostburg Medical Center (WMHS) 301-689-3229

Health Matters -Cumberland, MD 301-729-3278

Hunt Club Medical Center (WMHS)- Ridgeley, WV 304-726-4501

MedExpress- LaVale, MD 301-729-0589

Veterans Services

Veterans Affairs Cumberland Outpatient Clinic 301-724-0061

Veterans Service and Benefits Program 301-759-5251

American Red Cross: Service to the Armed Forces 877-272-7337

Allegany College of Maryland Veterans Affairs 301-784-5203

Maryland's Commitment to Veterans 877-770-4801

Vocational

Employment Programs

Positive Transitions 240-362-7087

Work Experience Program 301-783-1704

Horizon Goodwill Industries 301-729-9404

Allegany County One Stop Job Center 301-777-1221

Vocational Training for People with Disabilities

Division of Rehabilitation Services (DORS) 301-777-2119