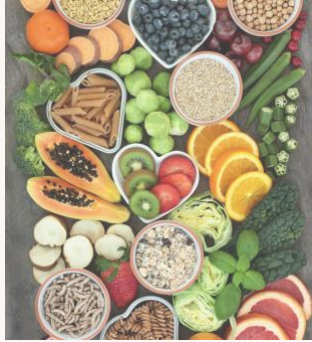


CHARLES COUNTY RESOURCES

FOOD



Charles County Food Pantries-*Contact Information:*
southernmarylandfoodbank.com/pantry-resources

Women, Infants & Children (WIC)-provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants and children under five.

Contact Information: 301-609-6857

Maryland SNAP-helps low-income households buy the food they need for good health. To apply, contact Charles County Department of Social Services.

Contact Information: 301-392-6400.

Meals on Wheels-Meals delivered to the home may be available for eligible seniors and their spouses who are homebound due to illness or disability.

Contact Information: 301-934-0138

Charles County Farmers Markets

- ♦ List of Farmers Markets

<https://www.explorecharlescounty.com/eat-drink/agritourism/farmer-s-markets>.

- ♦ Farmers markets that double your benefit dollars (SNAP/EBT and Farmers' Market Nutrition Program – WIC and Senior checks).

<https://www.marylandmarketmoney.org/mmmlocations>

Charles County Food Connection-Lists where food is available in the county. Assists persons in finding food resources that are closest to their zip code.

Contact Information:
<https://charlescountyfoodconnection.org/>

Steam Onward-Obtain free seeds, gardening support and technical assistance.

Contact Information: steamonward.org, 240-515-8558

Lifestyles of Maryland-Food pantry is open for persons to receive items twice per month; Mondays-Friday, 9:30 am-5 pm

Contact Information: 301-609-9900

CHARLES COUNTY RESOURCES

ADULT EDUCATION



The College of Southern Maryland offers:

- ♦ **Adult English as a Second Language**-classes are held for beginner and intermediate adult students at the College of Southern Maryland. To enroll, students must schedule an orientation appointment.
- ♦ **Maryland Adult National External Diploma Program** is a nationally recognized high school diploma program for adults, 18 and older. It is an alternative to the GED exam and is designed for adults who have developed high school level skills through life experiences.
- ♦ **GED Preparation**
- ♦ **Citizenship Preparation**-learn more about civic rights and responsibilities that come with citizenship. Work on skills and knowledge needed to be successful in the citizenship process.

Contact Information: email adulthood@csmd.edu or call, 301-934-7770.

<https://www.csmd.edu/programs-courses/non-credit/adult-basic-education/index.html>

Charles County Literacy Council-provides free one-on-one tutoring in reading, basic math, and English for Speakers of Other Languages (ESOL) to our adult students, including those who request help with math and reading comprehension so they can pass the ASVAB (Armed Services Vocational Aptitude Battery). All tutoring and books are provided at no charge to our adult learners.

Contact Information: 301-934-6488, email-charlescountyliteracy@comcast.net

CHARLES COUNTY RESOURCES

MEDICAL



Charles County Department of Health

- ♦ Dental care for children and adults
- ♦ HIV testing and services
- ♦ Family planning
- ♦ Sexually transmitted infection testing
- ♦ Breast, Cervical and Colon cancer screening
- ♦ Immunizations

Contact Information: 301-609-6900 or
www.charlescountyhealth.org

Greater Baden Medical Services (Brandywine and La Plata)–
Medical, Dental, Behavioral Health

Contact Information: 301-888-2233

Health Partners (Waldorf and Nanjemoy)– Provides adult
primary care and dental services for adults and children.

Contact Information: 301-645-3556, healthpartnersinc.org

UM Charles Regional Medical Group-Primary Care (Locations
in La Plata and Bryans Road)

Contact Information: 301-609-5044

HOUSING



Housing Choice Voucher Program–federal government's
program for assisting very low-income families, the elderly,
veterans, and the disabled to afford decent, safe, and sanitary
housing in the private market. Based on eligibility.

Contact Information:

<https://www.charlescountymd.gov/services/health-and-human-services/housing-services/housing-choice-voucher-program>

Maryland Housing Search–search by city, county or zip code
to find apartments or homes for rent.

Contact Information: 877-428-8844, TTD/TTY: 7-1-1
www.mdhousingsearch.org (a free state resource tool to help
renters to find housing options in MD)

- ♦ <https://www.charlescountymd.gov/home/showpublisheddocument/1704/637106601259130000> (a multi-agency
resource guide for services to persons who are homeless or
at risk of homelessness)

CHARLES COUNTY RESOURCES

TRANSPORTATION



VanGo-bus system serving Charles County including connections to Calvert, St. Mary's, and Prince George's Counties.

Contact Information: 301-609-7917,
<https://www.charlescountymd.gov/services/transportation/vango-public-transportation/vango-schedules-and-maps>

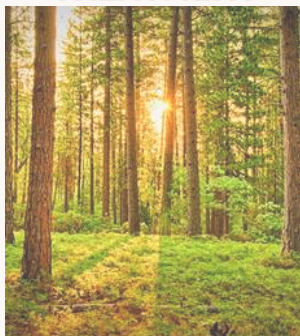
Lifestyles of Maryland-provide subsidized transportation focused on seniors and persons with disabilities, for employment- and medical-related activities.

Contact Information: 301-609-9900

Medical Transportation-provides last resort transportation to Medical Assistance recipients who have no other means available to get them to and from medical appointments.

Contact Information: 301-609-6923, 48 hours before the day of your scheduled appointment.

MENTAL HEALTH AND SUBSTANCE USE TREATMENT



Charles County Department of Health

Mental Health Services-Provides outpatient mental health treatment services to the residents of Charles County and the surrounding areas.

Contact Information: 301-609-6900
<https://www.charlescountyhealth.org/mental-health-services-2/>

Substance Use-Provides outpatient Level I and Level II treatment to residents of Charles County and the surrounding areas.

Contact Information: 301-609-6900,
<https://www.charlescountyhealth.org/substance-use-services/>

CHARLES COUNTY RESOURCES

ORGANIZATIONS



Charles County Department of Health

- ♦ Environmental Health Services
- ♦ Diabetes Prevention Program—teaches you to prevent type 2 diabetes, chronic disease self-management programs, blood pressure self-monitoring program
- ♦ Birth and Death Certificates
- ♦ Smoking Cessation

Contact Information: 301-609-6900, View website for a full list of services, charlescountyhealth.org

Center for Abused Persons—support for victims of sexual assault, domestic violence, and child abuse.

Contact Information: 301-645-3336

Department of Social Services—food stamps, Temporary Cash/Disability assistance, emergency children/families assistance, long term care medical assistance, burial and utility assistance, foster care, family in-home services, child and adult protective services, child support, information and referral.

Contact Information: 301-392-6400

Lifestyles of Maryland—transportation assistance, homeless resources, funds for emergency assistance (focused on housing and utility needs, and other gap-filling needs; health & wellness services; street outreach), food and clothing assistance.

Contact Information: 301-609-9900

Southern Maryland Dietician—provides nutrition counseling and related services via telehealth. Services are often covered by health insurance including Maryland Medicaid Managed Care Organizations.

- ♦ Medical Nutrition Therapy & Nutrition Counseling for food sensitivities, special diets, medical problems, tube feeding, fitness & sports, healthy eating, diabetes, and many more.
- ♦ Food Sensitivity Testing & Treatment
- ♦ Assistance with Supplements.
- ♦ Micronutrient Testing
- ♦ Genetic Testing for Weight Loss, Healthy Aging, and Nutrition markers.
- ♦ Before & After care for weight loss surgery.

Contact Information: www.southernmarylanddietician.com, 240-270-1131

CHARLES COUNTY RESOURCES

HEALTH INSURANCE



Maryland Health Connection-A health insurance marketplace where you can shop, compare, and enroll in quality health coverage. See if you are eligible for special enrollment or Medicaid. Private plans are also available.

Contact Information:

marylandhealthconnection.gov, 855-642-8572. For Charles County, call Seedco (240) 222-3920.

Seedco-Maryland residents under the age of 65 that are not enrolled in Medicaid and Medicare may be eligible for private health insurance. Dental plans are also available. Navigators will provide free health insurance enrollment assistance.

Contact Information-855-339-3007

Charles County Department of Health Administrative Care Coordinator/Ombudsman Program-local resource for HealthChoice members. Program will help members understand their Medicaid and HealthChoice benefits and how to access services.

Contact Information-301-609-6803

State Health Insurance Program (SHIP)-state designated health insurance counseling & advocacy service for Charles County for older adults & other beneficiaries of Medicare & Medicaid. SHIP staff are nationally certified to provide free, accurate information about Medicare benefits, supplemental insurance information, & assist low-income seniors with enrolling in savings programs for Medicare beneficiaries.

Contact Information-For free assistance with SHIP, call 301-609-5712.

Senior Medicare Patrol (SMP)-aims to prevent fraud, waste & abuse of Medicare.

Contact Information-For free assistance with SMP, call 301-609-5712.

HOMELESS RESOURCES



Resource Guide-a multi-agency resource guide for services to persons who are homeless or at risk of homelessness

<https://www.charlescountymd.gov/home/showpublisheddocument/1704/637106601259130000>

CHARLES COUNTY RESOURCES

SENIORS



Maryland Access Point (MAP)-MAP is the gateway to long term services and supports in Maryland. MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports.

Long term services and supports include information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

Contact Information: MD Number (1-844-627-5465), Charles County (1-855-843-9725), marylandaccesspoint.211md.org

MAP also offers **Options Counseling**, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Trained, professional Options Counselors use a person-centered approach and support individuals with matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning for current and/or future needs. Options Counseling is a statewide program delivered by staff at the 20 local Maryland Access Point (MAP) sites.

Contact Information:
<https://aging.maryland.gov/Pages/maryland-access-point.aspx>:

When someone calls 1-844-MAP-LINK (1-844-627-5465), a 211 Maryland information and referral specialist will listen to their needs, identify local resources, and direct the caller with long-term and complex needs to their local MAP office for options counseling. The support from 211 Maryland adds an increased value to callers who can receive both a referral to the local MAP office and information about other resources, such as meals, assisted living, caregiver assistance and more.

Charles County Senior Centers-citizens 60 and older may access a variety of programs and services, including: Social/Recreational activities, Clubs, Special Events, Trips, Nutritious Lunches, Health and Screenings Programs, Health Scope/Visit the Nurse, Educational programs, Physical Fitness programs, Creative Arts, and Computer Lab/Classes. Centers are located in La Plata, Waldorf, Nanjemoy, and Indian Head.

Contact Information:
<https://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers>

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

COMMUNITY ORGANIZATIONS



Maryland Developmental Disabilities Administration-The DDA provides a coordinated service delivery system, so that people receive appropriate services oriented toward the goal of full integration into their community. The DDA's community-based service delivery system includes various home and community-based services and supports provided through either a Medicaid State Plan, Waiver program or via DDA State funded services. People receiving services through DDA also receive help from family members, community organizations, and other programs outside of the DDA.

Contact Information-Headquarters Office Telephone: (410) 767-5600, Toll Free: (844) 253-8694 and Southern Maryland Regional Office: Telephone: (301) 362-5100, TDD: (301) 362-5131, Toll Free: (888) 207-2479,
health.maryland.gov/dda/Pages/dda.aspx

Southern Maryland Dietician-Facility visits and menu services are provided to group homes, assisted living facilities and senior centers.

Contact Information: www.southernmarylanddietician.com,
240-270-1131

Accessibility Bridge Corporation-The mission of Accessibility Bridge Corporation, a 501 (c) 3 organization, is to promote inclusion and create access for children and adults with disabilities in all areas of their communities.

Provides wraparound supports to people with disabilities who are seeking higher levels of independence and inclusion in the areas of education, housing, employment, athletics, and social skills.

COMPUTER NEEDS

Contact Information: 202-871-5522

Maryland Division of Rehabilitation Services (DORS)-support & services for Marylanders with disabilities

Contact Information:
<https://dors.maryland.gov/Pages/default.aspx>

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

COMMUNITY ORGANIZATIONS



SoMD Center for Independent Living-peer support, advocacy, and independent living skills for persons with disabilities in Southern MD

Contact Information: 1-866-498-0311, <https://www.smcil.org/>

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

ENTERTAINMENT



Movies

- AMC St. Charles offers sensory accessible movie times (Lights are up and sound is down. Feel free to get up, dance, walk, shout or sing! Offered the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences)

Contact Information: 301-870-6058

- Xscape Theater Waldorf-Provides free and discounted movies for people with disabilities. Devices for assisted listening, audio description, and closed captioning are available.

Contact Information: 301-909-7654

Charles County Public Libraries

- E-resources (movies and music) that can be streamed. Downloadable e-Books and e-audiobooks.
- Offer some large print books.
- ADA compliant public computer workstations that will read out the contents of the screen and enlarge the computer screen for the user.

Contact Information: ccplonline.org

Community Swimming Pools-Lackey High School, North Point High School, and the Donald M. Wade Aquatic Center indoor pools are accessible for wheelchair entry.

Contact Information:
<https://www.charlescountyparks.com/recreation/aquatics>

EDUCATION



Charles County Public Schools-Provides the following:

- Early intervention Services
- Infant and Toddler Program
- Family Support Services
- Specialized instruction
- Vision, Hearing
- Speech, Language, Occupational, and Physical Therapies
- Assistive Technology
- Counseling

Contact Information: ccboe.com/departments/special-education, 301-932-6610

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

EQUIPMENT NEEDS



Charles County Government, Department of Community Services, Aging and Human Services Division maintains a medical equipment loan closet to facilitate temporary provision of durable medical equipment to persons who are 60 years of age and older. Supplies are limited to what is on hand at the time of the request, but generally consist of: walkers, canes, bath/shower benches, and transport wheelchairs. Equipment on-hand in the loan closet can be checked out, free of charge, for a period of 90 days. **Based on eligibility.

Contact Information: 855-843-9725

Maryland Department of Aging-providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need.

Contact Information:

<https://aging.maryland.gov/pages/DME.aspx>

Southern Maryland Center for Independent Living-Offers individual and system advocacy, information and referral, peer support, independent living skills training, assistive technology.

Contact Information: 301-884-4498, www.smcil.org

COMPUTER NEEDS



Charles County Public Libraries

- ◆ Remote printing for pick up at local branch (.10 cents per one sided black and white page, .25 cents per one sided color page)
- ◆ Mobile Hotspots-free portable units, unlimited data, 3-week check-outs.
- ◆ Chromebook Bundles-available for 21 day check-out. Renewable four times.
- ◆ Free WiFi access in all branches
- ◆ Computer workstations available with library card
- ◆ Free notary service available

Contact Information: ccplonline.org

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

PHYSICAL ACTIVITY



Capital Clubhouse Recreation Center—Provides equipment for people with disabilities in the various areas of the clubhouse, such as sleds for people with physical disabilities who wish to use the ice rink, specialized locker rooms, etc.

Contact Information: 3033 Waldorf Market Place, Waldorf, MD 20603, <https://www.capitalclubhouse.com/>

LA Fitness Center—Includes ramps, disability chairs for their pool and hot tub, disability showers in the men, women, and unisex bathrooms, and service members at the desk will offer help when needed. They also have workout bikes accessible to people with disabilities.

Contact Information: 2916 Festival Way, Waldorf, MD 20601, 240-530-8102

Charles County Recreation and Parks

Parks—www.charlescountyparks.com/parks/locations

Specialty Playground

Laurel Springs Regional Park (5940 Radio Station Rd., La Plata) Playground designed for inclusive play, allows children of all ability levels to interact and play together. Barrier-free baseball field.

Other park amenities (restrooms, water fountains, etc.) can be found on the website.

Special Olympics—Special Olympics Maryland and the Department of Recreation, Parks, and Tourism in a joint partnership offer a year-round program for athletic conditioning, training, and competition for individuals with intellectual disabilities who are at least eight years of age. There is no maximum age limit. All Special Olympics sports activities are free of charge to athletes.

Contact Information:

<https://www.charlescountyparks.com/recreation/special-olympics>

Recreation—All recreation programs are open to people of all abilities.

<https://www.charlescountyparks.com/recreation>



This list was put together by the Charles County Department of Health. It is a work in progress and will be added to as resources are identified. Please call 301-609-6885 to add a resource or to report an error.