Rockville's Caregiving Agencies

Helping Our Community's Neighbors in Need

Five Reasons to Give this Holiday Season

Rockville's Holiday Drive benefits hundreds of neighbors in need each year, providing Thanksgiving meals in November and toys and gifts in December with the help of hundreds of community volunteers.

122 *Rockville seniors were treated to a Thanksgiving dinner in 2015.*

There are plenty of good reasons to give. We've focused on five:

1 Giving Connects You to Your Community

Volunteers with the Rockville Holiday Drive meet other volunteers, city staff and, in the case of some volunteers, recipients of Holiday Drive donations. Volunteers deliver food and gift donations to recipients in Rockville neighborhoods they might not otherwise visit.

140 *unique individuals, businesses, schools, churches, and community organizations donated in 2015.*

2 Giving Sets a Good Example for Others

When you volunteer or donate, your friends, family and neighbors may be inspired to do the same. Giving also sets a great example for children, promoting empathy and providing an opportunity to teach them about, and involve them in, community service.

166 *seniors and households without children received a gift card to a local grocery store in December 2015.*

470 *households received Thanksgiving food baskets or grocery store gift cards in 2015.*

3 Giving Can Come in a Variety of Ways: Time, Money or Goods

As the saying goes, "When you have money, you have no time. When you have time, you have no money." The Rockville Holiday Drive allows community members to give of their time by volunteering to sort and pack Thanksgiving meals, wrap gifts and chaperone families visiting the Toy Shop in December, and deliver gifts and gift cards to homebound community members.

Businesses, schools and individuals are encouraged to organize their own drives to collect canned food or unwrapped toys for the Rockville Holiday Drive.

Can't volunteer? Donate canned food; new, unwrapped toys; $20 Giant Food or Target gift cards; or write a check to support the drive. Donations are tax deductible.

1,000 *toys were provided to 497 children in need in 2015.*

205 *Rockville teens received a gift card to a local retailer in 2015.*

4 Giving Helps Our Neighbors in Need

While many Rockville residents enjoy a high standard of living, there are still pockets of need throughout the city. The income of over 5,000 Rockville households is less than half of the city's median income. More than 4,600 city residents experience chronic food insecurity and 1 in 16 children live in poverty, with 2,800 students in Rockville schools qualifying for free and reduced-price meals. In 2015, 1,271 children were referred to the city for holiday assistance.

The Holiday Drive helps many of these children and families have a happier holiday season.

62/274 *Rockville families and individuals, who were matched with sponsors who provided gifts tailored to each family's needs in 2015.*

300 *community volunteers gave 680 hours during the November and December 2015 food and gift distributions.*

5 Giving Makes You Feel Good

Altruism can be selfish, and that's OK. Giving is a great pick-me-up. It not only makes you feel better, but its helps others – a win-win situation.

Unsure about volunteering? Step outside your comfort zone. You might discover something new about yourself and your community. Giving back is what makes Rockville a special place to live and work.

112 *donors contributed money in 2015.*

$20,000 *was contributed to the 2015 Rockville Holiday Drive, and used to purchase food, toys and gift cards.*

Learn more about opportunities to help others through the 2016 Rockville Holiday Drive at www.rockvillemd.gov/holidaydrive.

If you would like to contribute, send tax-deductible donations to the Rockville Holiday Drive Fund, Community Services Division, City Hall, 111 Maryland Ave., Rockville, MD 20850.

Laying the Foundation for the Future

Emergency Assistance and Counseling Programs Offer Help to City Residents

Rockville's Community Services Division also offers services to help individuals build better futures for themselves and, by extension, their community.

The Rockville Emergency Assistance Program offers aid to Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Individuals must first apply for assistance from the Montgomery County Department of Health and Human Services at 1301 Piccard Drive. Call 240-777-4550 for the county office. If DHHS cannot provide the full amount needed, it will issue a referral form for a REAP application.

Community Services Division staff offer free, confidential, early intervention and prevention counseling for school-age children, youth and families. Counseling is available by appointment and is conducted by licensed professional counselors or masters-level clinical interns under the supervision of a professional counselor. Individual and family counseling is available to eligible city residents who lack health insurance or are unable to access counseling on their own. Group counseling may be available for anger management, social skills, transition to middle or high school and other topics.

LEARN MORE ABOUT THESE PROGRAMS

Call: 240-314-8310

Rockville Emergency Assistance Program (REAP)
www.rockvillemd.gov/communityservices/REAP

Free Counseling Services
www.rockvillemd.gov/communityservices/youth

Human Services Advisory Commission

This volunteer commission provides advice and guidance to the Mayor and Council on human service needs in Rockville and how best to address them.

Ciriaco Q. Gonzales, *At-Large Representative*
Rici Rutkoff, *At-Large Representative*
Ruth O'Sullivan, *At-Large Representative*
Shelagh Van Saanen, *At-Large Representative*
Eric (Kuohwa) Wang, *At-Large Representative*
Julie Pelletier, *At-Large Representative*
Agnes Saenz, *Caregiver Representative*
Nancy Sushinsky, *Caregiver Representative*
Denise Thomas, *Caregiver Representative*
Arlene Joyce Lipman, *Consumer Representative*
Debbie Moore, *Consumer Representative*
Carlos Aparicio, *Community Services Staff Liaison*

The commission has **one vacancy** and generally meets at 6:30 p.m. the second Tuesday of each month at City Hall, 111 Maryland Ave. If you are interested in serving on the commission, email cityclerk@rockvillemd.gov.

Community Services in Rockville · Servicios Comunitarios de Rockville

Great Places to Donate Your Time, Talent, Money – and Keep it Local! · ¡Excelentes Lugares donde Donar su Tiempo, Talento y Dinero, y que Quede en Casa!

LEGEND

The agency is a program of:

- ◆ = Catholic Charities of the Archdiocese of Washington
- ✖ = Montgomery County Coalition for the Homeless (MCCH)
- ▲ = Interfaith Works
- ● = Community Ministries of Rockville
- ❖ = Family Services, Inc.

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- = Description/details of program
- = Donations that are needed
- = Contact information

HOUSING • VIVIENDA

Chase Partnership House◆

600-C E. Gude Drive, Rockville, MD 20850

Thirty-six bed transitional shelter for men who are homeless while recovering from drug and alcohol abuse and/or who have co-occurring disorders. Open 24 hours a day year-round.

Residents receive case management, two meals a day and 12-step meetings along with life skills, training, shower and laundry services and relapse prevention groups.

Treinta y seis camas de alojamiento temporal para los hombres que no tienen hogar recuperación del abuso de drogas y alcohol y/o tienen recurrente trastornos; abrir las 24 horas del día durante todo el año.

Los residentes reciben la administración de casos, dos comidas al día y reuniones de 12 pasos, junto con habilidades para la vida, capacitación, servicios de ducha y de lavandería y grupos de prevención de recaídas.

Paper products such as toilet paper, napkins and paper towels; men's toiletries; personal hygiene items; cleaning supplies; office supplies and gift cards from department and clothing stores; and nonperishable foods like cereal, oatmeal, cooked canned foods and crackers.

Productos de papel como papel higiénico, servilletas, toallas de papel, artículos de tocador de hombre; artículos de aseo personal,artículos de limpieza, artículos de oficina, y tarjetas de regalo de almacenes y tiendas de ropa; y alimentos no perecederos como cereales, avena, alimentos enlatados y galletas.

Kassaye Moges, 301-424-1380 or kassaye.moges@catholiccharitiesdc.org, www.catholiccharitiesdc.org

Dorothy Day Place - Women◆

5320 Marinelli Road, Rockville, MD 20852

Transitional shelter for single, unaccompanied, homeless women from abusive situations, facing eviction or who can no longer live with relatives or may have substance abuse or mental health issues. Capacity: 19.

Residents receive two meals per day, shower and laundry services, case management, workshops, 12-step meetings and more.

Viviendas de transición para mujeres solteras sin hogar, no acompañadas que vienen de situaciones de abuso, desalojo o que ya no pueden continuar viviendo con sus familiares o sufren abuso de sustancias o problemas de salud mental. Capacidad: 19.

Los residentes reciben dos comidas al día, ducha y servicio de lavandería, coordinación de casos , talleres, reuniones de los 12 pasos y más.

Toiletries, towels, sheets, pajamas, robes, slippers, paper products and small appliances to give to ladies when moving out; nonperishable foods like cereal, oatmeal, canned foods and crackers.

Artículos de tocador, toallas, sábanas, pijamas, batas, pantuflas, productos de papel y, a veces, pequeños electrodomésticos para las mujeres cuando se van; también alimentos no perecederos como cereales, avena, alimentos enlatados y galletas.

Kassaye Moges, 301-424-1380 or kassaye.moges@catholiccharitiesdc.org, www.catholiccharitiesdc.org

Helping Hands Center

622 N. Horners Lane, Rockville, MD 20850

Provides a safe haven for homeless women with children since 1986. Accommodates up to 24 women and children each day, year-round.

Residents receive case management, private bedrooms, laundry facilities, referrals and three meals a day as they work toward ending their homelessness.

Proporciona un refugio para mujeres con niños sin hogar desde 1986; con capacidad para 24 mujeres y niños cada día, durante todo el año.

Los residentes reciben coordinación de casos, habitaciones privadas, servicio de lavandería, referencias y tres comidas al día a medida que trabajan para poner fin a su situación de falta de vivienda.

Hygiene items, paper goods, bed linens, washcloths, bath towels, gift cards for transportation, diapers, over-the-counter medicines, shoes, emergency clothing; small appliances such as microwave ovens, toasters and coffee pots to give to families who move into housing.

Artículos de higiene, artículos de papel, ropa de cama, toallitas, toallas de baño, tarjetas de regalo para transporte, pañales, medicamentos de venta libre, zapatos, ropa de emergencia, también pequeños electrodomésticos tales como microondas, tostadoras, cafeteras para dar a las familias que se mudan a una vivienda.

Ann L. Chapman or Tammy Holland, 301-340-2796 or helpinghandsctr@aol.com

Home Builders Care Assessment Center✖ *(formerly Men's Emergency Shelter)*

600-A E. Gude Drive, Rockville, MD 20850

Provides 24-hour year-round shelter and daytime services for 750 homeless men.

Residents receive basic amenities such as showers, bunks, meals and access to laundry and restrooms; case management, vocational counseling, job training, health education classes, in-house 12-step meetings, on-site medical clinic and psychiatric services, mobile dental care and haircuts.

Proporciona 24 horas de refugio durante todo el año y servicios de día para 750 hombres sin hogar.

Los residentes reciben servicios básicos como duchas, camas literas, comidas y acceso al servicio de lavandería y baños; coordinación de casos, orientación vocacional, preparación laboral, clases de educación sobre la salud, reuniones internas de los 12 pasos, clínica médica en situ y servicios psiquiátricos y el cuidado dental móvil y cortes de cabello.

Prepared meals, toiletries, gift cards and financial donations (checks should be made out to Montgomery County Coalition for the Homeless, MCCH); contact Debbie Ezrin at 301-917-6644 for more information.

Comidas preparadas, artículos de tocador, tarjetas de regalo y donaciones monetarias (cheques deben ser emitidos a nombre de MCCH); contactar a Debbie Ezrin al 301-917-6644 para obtener más información.

Jay Scopin, 301-917-6665, www.mcch.net/programs/hbcac.html

Hope Housing✖

600-B E. Gude Drive, Rockville, MD 20850

Five houses that provide permanent supportive housing to 40 formerly homeless men and women with disabilities.

Case managers assists clients in identifying and fulfilling goals that focus on enhancing life skills, providing community referrals to clothing closets, food pantries, employment and/or education programs, crisis intervention and access to day treatment programs and medication monitoring for relapse prevention as needed.

Cinco casas que proporcionan vivienda de apoyo permanente a 40 hombres y mujeres sin hogar anteriormente con discapacidad.

Los administradores de casos ayuda a los clientes en la identificación y el cumplimiento de los objetivos que se centran en la mejora de habilidades para la vida, proporcionando referencias de la comunidad a los armarios de ropa, despensas de alimentos, empleo y / o programas de educación, intervención en crisis y el acceso a programas de tratamiento de día y monitoreo de medicamentos para la prevención de recaídas, según sea necesario.

Financial donations (checks should be made out to Montgomery County Coalition for the Homeless, MCCH); $25 gift cards to Giant, Safeway, Target or Wal-Mart; cleaning supplies; paper products like napkins, toilet paper and paper towels. Contact Debbie Ezrin at 301-917-6644 for more information.

Donaciones monetarias (cheques deben ser emitidos a nombre de MCCH), tarjetas de regalo de $25 de Giant, Safeway, Target o Wal-Mart, artículos de limpieza, artículos de papel como servilletas, papel higiénico y toallas de papel; contactar a Debbie Ezrin al 301-917-6644 para obtener más información

Jennifer Blackwell, 301-917-6643, www.mcch.net/programs/hopehousing.html

Jefferson House●

1010 Grandin Ave., Suite A1, Rockville, MD 20851

Provides permanent supportive housing to formerly homeless men who are in a substance abuse treatment program or have completed a treatment program. Serves six to 10 men annually.

Case manager works with residents on budgeting and financial issues, housing services, personal goals, community service work, providing outside speakers, nutritional and educational assistance and follow-up on relapse prevention.

Proporciona apoyo permanente a quienes fueron hombres sin hogar y que se encuentran en un programa de tratamiento para el abuso de sustancias o terminaron el programa de tratamiento, sirve a 6 a 10 hombres al año.

El administrador de casos trabaja con los residentes con los presupuestos y problemas financieros, servicios de viviendas, objetivos personales, trabajo de servicio comunitario, provee oradores externos, asistencia nutricional y educativa y da seguimiento a la prevención de recaída.

$25 gift cards from stores such as Target or Wal-Mart, SmarTrip cards, cleaning supplies, paper products like napkins, toilet paper and paper towels.

Tarjetas de regalo de $25 de Target o Wal-Mart, tarjetas SmarTrip, productos de limpieza, productos de papel como servilletas, papel sanitario y toallas de papel.

Kamika Pope, housing programs director, 301-637-0208 or kpope@cmrocks.org, www.cmrocks.org/services/jefferson-house

Nourish Now

1111 Taft St., Rockville, MD 20850

Provides fresh recovered food from restaurants, caterers, farms and more to individuals, families and organizations in need.

Food is donated through two main distribution programs: Family and Organizations. Over 500 families receive a five-day supply of perishable and nonperishable food items such as prepared meals, dairy, produce and more monthly. Over 60 partner organizations receive donated meals, produce and bakery items monthly.

Provee alimentos frescos, recuperados de restaurantes, servicios de catering, granjas y más, a individuos, familias y organizaciones que lo necesitan.

Los alimentos se donan por medio de dos programas de distribución principales: Familia y Organizaciones. Más de 500 familias reciben un suministro de 5 días de productos alimenticios perecederos y no perecederos, tales como, comidas preparadas, lácteos, frutas y verduras y más cada mes. Más de 60 organizaciones asociadas reciben comidas, frutas y verduras y productos horneados donados de forma mensual.

Introductions to restaurants, caterers, farms and other licensed food providers who might be interested in donating food. In addition, water bottles, juice boxes, granola bars, snack bars, canned fruits, canned vegetables, and other nonperishables.

Presentaciones a restaurantes, servicios de catering, granjas u otros proveedores de alimentos con licencia que puedan estar interesados en donar comida. Además, botellas de agua, cajas de jugo, barras de granola, barras como tentempié, frutas enlatadas, verduras enlatadas y otros artículos no perecederos.

David Joffe, 301-330- 0222, info@nourishnow.org, www.nourishnow.org

Rainbow Place

215 W. Montgomery Ave., Rockville, MD 20850

A women's shelter that offers overnight winter lodging and whatever services are necessary to enable women to transition from homelessness to a more stable quality of life.

Un refugio para mujeres que ofrece alojamiento en el invierno y cualquier servicio que sea necesario para permitir que las mujeres tengan una transición de estar sin hogar a tener una calidad de vida más estable.

Nonperishable food, prepared dinners, salads, fruit, cheese, paper products, gloves, boots, cash donations and gift cards.

Donaciones que se necesitan en este momento: alimentos no perecederos, cenas preparadas, ensaladas, fruta, queso, productos de papel, guantes, botas, donaciones en efectivo y tarjetas de regalo.

For more info. or to arrange deliveries: 301-762-1496 or volunteer coordinator at rainbow@rainbowplace.org, or the director, Nancy Sushinsky, at director@rainbowplace.org.

Rockland House●

1010 Grandin Ave., Ste. A-1, Rockville, MD 20851

Provides permanent supportive housing to formerly homeless women; serves five to eight women annually.

Case manager works with residents on budgeting and financial issues, housing services, personal goals and community service work. Providing outside speakers, life skills sessions and nutritional and educational assistance.

Provee vivienda de apoyo permanente a quienes fueron mujeres sin hogar, sirve a 5 a 8 mujeres al año.

El administrador de casos trabaja con los residentes con los presupuestos y problemas financieros, servicios de viviendas, objetivos personales, trabajo de servicio comunitario, provee oradores externos, asistencia nutricional y educativa y da seguimiento a la prevención de recaída.

$25 gift cards from stores such as Target or Wal-Mart, SmarTrip cards, cleaning supplies, paper products like napkins, toilet paper and paper towels.

Tarjetas de regalo de $25 de Target o Wal-Mart, tarjetas SmarTrip, productos de limpieza, productos de papel como servilletas, papel sanitario y toallas de papel.

Kamika Pope, housing programs director, 301-637-0208 or kpope@cmrocks.org, www.cmrocks.org/services/housing-program

Stepping Stones Shelter

P.O. Box 712, Rockville, MD 20848-0712

Provides homeless families with shelter, food, clothing, case management services, employment counseling and tutoring to move them toward self-sufficiency and stable housing.

Staffed 24/7.

Provee a las familias sin hogar un refugio, alimento, ropa, servicios de administración de casos, consejería de empleo y tutoría para llevarlos a ir hacia un hogar autónomo y estable.

Tiene personal las 24 horas del día, 7 días a la semana.

Clothing, food, household goods, cleaning supplies, diapers, gift cards to Target, Wal-Mart, CVS, Payless Shoes and other stores listed on website. Volunteers needed to sort donations, provide meals, clean, do yard work, provide child care in evenings, answer phones, do data entry and help with events and fundraising.

Ropa, alimento, enseres domésticos, artículos de limpieza, pañales, tarjetas de regalo de Target, Walmart, CVS, Payless Shoes y otras tiendas enlistadas en la página Web; se requieren voluntarios para dividir las donaciones, proveer los alimentos, limpiar, arreglar el jardín, proveer cuidado de niños en las noches, responder el teléfono, meter datos y ayudar en los eventos de recaudación de fondos.

301-251-0567, info.@steppingstoneshelter.org, www.steppingstoneshelter.org

Wilkins Avenue Women's Assessment Center▲

12250-A Wilkins Ave., Rockville, MD 20850

Sixty-five bed short-term emergency shelter serves more than 300 homeless women who struggle with mental illness, substance abuse, trauma and long-term disabilities.

Case managers work with women on recovery and stability and connect them with medical, mental health and social services, with the goal of moving them into permanent housing.

65 camas de refugio de emergencia a corto plazo, sirven a más de 300 mujeres sin hogar que padecen de una enfermedad mental, abuso de sustancias, traumatismos y discapacidades a largo plazo.

Los administradores de casos trabajan con las mujeres en la recuperación y estabilidad y en conectarlas con servicios médicos, servicios de salud mental y servicios sociales con el objetivo de ubicarlos en viviendas permanentes.

High-efficiency liquid laundry detergent, liquid hand soap, hand sanitizer, feminine hygiene products, washcloths and gift cards for emergency food needs.

Detergente líquido de alta eficiencia de lavado, jabón líquido, desinfectante de manos, productos de higiene femenina, paños y tarjetas de regalo para las necesidades alimentarias de emergencia.

Diana Pina, 301-770-2413 or dpina@iworksmc.org, www.iworksmc.org

BASIC SERVICES • SERVICIOS BASICOS

Interfaith Clothing Center▲

751 Twinbrook Parkway, Rockville, MD 20851

Assists low-income Montgomery County residents.

Distributes donated clothing, home goods, school supplies, new baby items, toys and books free of charge.

Ayuda a residentes de bajos ingresos del Condado de Montgomery durante más de 30 años.

Distribuye donaciones de ropa, artículos para el hogar, útiles escolares, nuevos artículos para bebés, juguetes y libros de forma gratuita.

Gently used or new children's, women's and men's clothing and shoes; home goods including dishes, small appliances, lamps and linens; new infant items including diapers, toys and books. Volunteers needed during operating hours to sort donations, hang clothing, greet/assist donors, answer phones, enter data, help with children's activity or assist disabled clients.

Ropa y zapatos nuevos o semi nuevos de niños, mujeres y hombres; artículos para el hogar como platos, pequeños electrodomésticos, lámparas y ropa de cama, nuevos artículos para recién nacidos como pañales, juguetes y libros; se necesitan voluntarios durante las horas de funcionamiento para las donaciones, colgar la ropa, saludar/ayudar a los donantes, contestar a los teléfonos, ingresar datos, ayudar con las actividades de los niños o ayudar a los clientes con discapacidades.

Erin Kauffman, site coordinator, 301-424-3796 or EKauffman@iworksmc.org, www.iworksmc.org

Manna Food Center

9311 Gaither Road, Gaithersburg, MD 20877

The designated emergency food assistance provider in Montgomery County providing a three- to five-day supply of fresh and nonperishable food to approximately 3,600 families in need each month and 2,800 elementary school children every weekend. Manna works with a network of 200 partner agencies to receive referrals of neighbors in need of food.

Manna also coordinates Community Food Rescue to share surplus food with other agencies such as soup kitchens and faith-based pantries. Education programming helps the community shop and cook on a budget.

La asistencia alimentaria de emergencia designado en el condado de Montgomery proporcionar un período de 3-5 días de alimentos frescos y no perecederos comida a aproximadamente 3.600 familias necesitadas cada mes y 2.800 hambrientos niños de primaria cada fin de semana. Manna trabaja con una red de 200 agencias asociadas para recibir referencias de vecinos que necesitan alimentos.

Manna también coordina Community Food Rescate para compartir la comida con otras agencias como cocinas y despensas basados en la fe. La educación ayuda a la programación de la tienda de la comunidad y cocinar con un bajo costo.

Healthy food, funds and friends (volunteers) are essential to Manna's work.

Donaciones que se necesitan: alimentos saludables, los fondos y los amigos (voluntarios) son esenciales para el trabajo de Manna.

Jackie DeCarlo, chief executive director, 301-424-1130 or info@mannafood.org, www.mannafood.org

Rockville Emergency Assistance Program (REAP)●

8 W. Middle Lane, Rockville, MD 20850

Provides emergency financial assistance to individuals and families living in zip codes 20850, 20851, 20852, 20853, 20854 and 20855 to help pay rent, mortgage, utility bills and for prescription medications.

The program also makes referrals for residents of Montgomery County to social services including food, clothing, computers and dental and eye clinics. Located in the Mansfield Kaseman Health Clinic.

Provee ayuda financiera de emergencia a individuos y familias que viven en los códigos postales 20850, 20851, 20852, 20853, 20854, 20855 para ayudarlos a pagar la renta, la hipoteca, los servicios y por medicamentos recetados.

El programa también refiere a los residentes del Condado de Montgomery a servicios sociales que incluyen comida, ropa, computadores y clínicas dentales y oftalmológica. Se localiza en la Clínica de Salud Mansfield Kaseman.

Monetary donations and $20 gift cards to CVS, Walgreens, Target and grocery stores. Volunteers needed to serve as intake coordinators.

Donaciones monetarias y tarjetas de regalo de $20 de o CVS, Walgreens, Target y supermercados. Se requieren voluntarios para servir cómo coordinadores de admisiones.

Odeth Berlin, program director, 301-917-6811 or ohall@cmrocks.org, www.cmrocks.org

Rockville Help *(also known as FISH: Friendly Immediate Sympathetic Help)*

P.O. Box 1624, Rockville, MD 20849-1624

All-volunteer organization providing emergency financial assistance for prescriptions, housing, utilities and food.

Organización de voluntarios de ayuda financiera urgente para recetas, vivienda, servicios públicos y alimentos

Nonperishable foods and money. Volunteers needed to answer voicemails once a month.

Alimentos no perecederos y dinero, se requieren voluntarios para responder los mensajes de voz un día al mes.

Carmen Briscoe or Nell Hubbard at 301-564-0800 or CallRockvilleHELP@gmail.com

YOUTH & FAMILY • JUVENTUD Y FAMILIA

Friends in Action

114 W. Montgomery Ave., Rockville, MD 20850

Creates a network of people from different faiths and ethnic backgrounds to provide caring outreach to families in our community.

Volunteers provide a supportive relationship to a family in need for one year to help identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well-being.

Crea una red de personas de diferentes credos y orígenes étnicos para proporcionar cuidados de alcance a las familias en nuestra comunidad.

Los voluntarios proporcionan una relación de apoyo a una familia necesitada por un año para ayudar a identificar sus fortalezas y desarrollar metas alcanzables y manejables que les guie hacia la independencia financiera y el bienestar personal.

Diapers, wipes, grocery store and shoe gift cards. Teams of volunteer mentors welcome.

Pañales, toallitas, tarjetas de regalo de tiendas de comestibles y zapaterías, bienvenidos los equipos de mentores de voluntario.

Monica Barberis-Young, 301-762-8682 or mbarberis-young@iworksmc.org, www.iworksmc.org

Healthy Families Montgomery❖

610 E. Diamond Ave., Suite 100, Gaithersburg, MD 20877

Voluntary home visiting program for first-time parents who live in Montgomery County. Services available in English and Spanish at no charge.

Offers parenting skill building, child development education, linkage to community resources, case management, monitoring of child development and immunizations and parent education/support groups.

Programa voluntario de visitas domiciliarias para padres primerizos que viven en el Condado de Montgomery; servicios disponibles en inglés y Español sin cargo alguno.

Ofrece desarrollo de habilidades de crianza, educación para el desarrollo infantil, vinculación a los recursos comunitarios, coordinación de casos, seguimiento del desarrollo del niño y las vacunas y grupos de educación / apoyo para padres.

Diapers and infant/toddler toys/books.

Pañales y juguetes para recién nacidos y niños pequeños (que empiezan a caminar) / libros.

Janet Curran, 301-840-3232 or janet_curran@fs-inc.org, www.fs-inc.org

HEALTH • SALUD

Elderly Ministries Program●

1010 Grandin Ave., Suite A1, Rockville, MD 20851

Provides case management, home care services, assistive devices and other support services to help low-income seniors age in place.

Provides minor home repair/modifications and furnace cleaning to homes of low-income seniors and adults with disabilities. Program serves City of Rockville residents.

Provee administración de casos, servicios a domicilio, dispositivos de asistencia y otros servicios de apoyo para ayudar a que los adultos mayores con pocos ingresos envejezcan tranquilos.

Provee reparaciones o modificaciones menores al hogar y limpieza de hornos a hogares de ancianos con pocos ingresos y adultos con discapacidades. Este programa sirve a los residentes de la ciudad de Rockville.

$20 gift cards for grocery stores and CVS. Monetary donations used to fund repairs for the homes of elderly residents. Volunteers needed to serve as friendly callers and visitors and to deliver Manna Food.

Tarjetas de regalo de $20 de supermercados y farmacias CVS; se aprecian las donaciones monetarias y se usan para financiar las reparaciones de las casas de los ancianos residentes. Se requieren voluntarios para servir cómo amigo telefónico, visitarlos y realizar las entregas de Manna Food.

Andrea Rogers, program director, 301-637-0171 or arogers@cmrocks.org, www.cmrocks.org

Mansfield Kaseman Health Clinic●

8 W. Middle Lane, Rockville, MD 20850

Provides primary medical care, specialty care, behavioral health, health education and community outreach to low-income, uninsured adult residents of Rockville and Montgomery County.

Social services provided on-site. Services available in English and Spanish. For appointments call 301-917-6800.

Provee atención médica primaria, atención especializada, salud mental, educación para la salud y extensión a la comunidad a los adultos residentes sin seguro médico de bajos ingresos de Rockville y el condado de Montgomery.

los servicios sociales que se prestan en el lugar; servicios disponibles en Inglés y Español; para citas llamar al 301-917-6800.

Monetary donations, $20 gift cards to CVS, Walgreens and Target; cleaning supplies. Bilingual (Spanish-speaking) volunteers needed as interpreters.

Las donaciones monetarias, $20 tarjetas de regalo de CVS, Walgreens y Target; limpiando suministros; voluntarios bilingües necesarios intérpretes (capaz de hablar española es necesario)

Pat Schaefer, clinic manager 301-917-6800, www.cmrocks.org

MobileMed Clinic

981 Rollins Ave., Rockville, MD 20852

Uninsured and Medicaid patients and low-income adult residents of Rockville and Montgomery County receive primary medical care.

Services include exams, preventive screenings, women's health, behavioral health, patient education and specialty referrals. Services available in English, Spanish and other languages. Call 301-493-2400 or schedule@mobilemedicalcare.org for appointments.

Pacientes sin seguro médico o con Medicaid, adultos residentes de bajos ingresos de Rockville y el Condado de Montgomery reciben atención médica primaria.

Los servicios incluyen exámenes, exámenes preventivos, salud de la mujer, salud mental, educación del paciente y remisiones especiales, servicios disponibles en inglés, español y otros idiomas; llame al 301-493-2400 o schedule@mobilemedicalcare.org para sacar citas.

Volunteer clinicians and monetary donations to support expansion of services.

Médicos voluntarios y donaciones monetarias para apoyar la expansión de los servicios

Peter Lowet, executive director, plowet@mobilemedicalcare.org; volunteer contact: volunteer@mobilemedicalcare.org, www.mobilemedicalcare.org

CULTURAL DIVERSITY • LA DIVERSIDAD CULTURAL

Chinese Culture and Community Service Center, Inc.

9318 Gaither Road, Suite 215, Gaithersburg, MD 20877

A nonprofit and nonpartisan organization founded in 1982 that provides services aimed at promoting mutual understanding, awareness and appreciation of Chinese and American culture and assimilating Chinese-Americans into mainstream society through language and citizenship instruction.

Programming in health care (adult day health care and primary care for uninsured) education, adult English as a Second Language classes, culture and arts, a new health clinic, community services, senior services, sports and fitness, and youth activities.

Una organización sin fines de lucro y no partidista fundada en 1982 que ofrece servicios orientados a la promoción de la comprensión mutua, conocimiento y apreciación de la cultura china y americana y asimilación de los chino-estadounidenses en la sociedad a través del lenguaje y la enseñanza de la ciudadanía.

Programación en la asistencia sanitaria (de día para adultos de la salud y la atención primaria para personas sin seguro) la educación; adulto Inglés como segundo idioma; la cultura y las artes; un nuevo centro de salud; servicios comunitarios; servicios para personas mayores; deportes y fitness; y actividades de los jóvenes.

Monetary donations. Volunteers needed. CFC number 88987. *Se necesitan donaciones monetarias y voluntarios.*

Kate Lu, 301-820-7200, ext. 8317 or kate.lu@ccacc-dc.org, www.ccacc-dc.org

Korean Community Service Center of Greater Washington, Inc.

847-J Quince Orchard Blvd., Gaithersburg, MD 20878

Nonprofit social services organization founded in 1974 providing information and referral services, health and immigration case management, counseling and domestic violence victim assistance services.

Also provides translation, interpretation and educational services including English as a Second Language, computer and citizenship preparation classes, civic education, pro bono legal services and an annual health fair.

Officially designated a Capital Region Connector Entity Navigation Partner under the Affordable Care Act for Korean/Chinese/Vietnamese-speaking residents of Montgomery and Prince George's counties.

Organización sin fines de lucro de servicios sociales fundada en 1974 que proporciona información y servicios de referencia, salud y la coordinación de casos de inmigración; servicios de asistencia a víctimas de violencia doméstica.

También ofrece servicios de traducción, interpretación y servicios educativos, incluyendo ESOL, clases de informática y preparación de la ciudadanía, educación cívica, pro-bono de servicios legales y una feria anual de la salud.

Designado oficialmente una Entidad de Conector Capital Región bajo la Ley de Asistencia Asequible para Cuidados para los residentes de coreanos / chinos / de habla vietnamita de los condados de Montgomery y Prince George.

Julia Chang, 240-683-6663, ext. 102, www.kcscgw.org

Language Outreach Program●

1010 Grandin Ave., Suite A1, Rockville, MD 20851

English as a Second Language and literacy classes in a family-based program. Provides infant and child care and tutoring for school-age children of students.

Offers two sessions of citizenship classes. Staff help students navigate the immigration process from studying for the exam to completing the applications for citizenship. Classes located in Rockville.

Inglés como segundo idioma y clases de alfabetización en un programa basado en la familia; proporciona cuidados infantiles, guardería y tutoría para los niños en edad escolar de los estudiantes.

Ofrece dos sesiones de clases de ciudadanía; el personal ayuda a los estudiantes a navegar el proceso de inmigración; desde estudiar para el examen hasta completar las solicitudes de ciudadanía. Las clases se encuentran ubicadas en Rockville.

Monetary donations to help provide snacks for children, instructional materials and fees for class instructors; gift cards of $15 or $20 to Target and Wal-Mart; prepackaged healthy snacks. Also need teachers at $16/hour and volunteer teachers' assistants. Send your resume.

Donaciones monetarias para ayudar a proporcionar meriendas para los niños, materiales de instrucción, y la tasa para los instructores de clase; tarjetas de regalo de $15 o $20 de Target y Wal-Mart; bocadillos saludables empacados. También se necesitan maestros por $16 la hora y asistentes de maestros voluntarios. Enviar su curriculum vitae.

Cecilia Rojas, 301-251-2136 or crojas@cmrocks.org, www.cmrocks.org

美京华人活动中心 (Chinese Culture and Community Service Center, Inc.)

- 一家成立于1982年的无党派非营利性机构
- 该中心提供各种服务，包括那些旨在推动中美文化之间的相互理解、认识和欣赏的服务，以及通过语言指导和公民教育使美籍华人融入美国主流社会的服务。
- 该中心提供教育、文化和艺术方面的培训； 并有一个全新的健康诊所。 它提供社区服务、老年人服务、以及体育、健身和青少年活动。
- 欢迎爱心捐款和志愿者的加入!

Greater Washington, Inc. 의 한인 지역사회 서비스 센터

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