

Inventory of Existing Services provided to people aged 60 & older		
Organization Name	Name of Programs or Services	Description of Programs or Services
Advanced Nursing and Home Support	In Home Care	Tailored home care to personal needs including personal care (hygiene), advanced nursing care, disabled care, homemaking, transportation, and specialty cleaning
	Senior Care	Personal care, advanced nursing, Alzheimer's and dementia care, homemaking, transportation, specialty cleaning
	Homemaking	Light housekeeping, dishwashing, laundry, dusting, pet care, telephone answering, meal preparation, nutrition
	Companion Care	Medical support, personal care and homemaking services, transportation, specialty cleaning
	Transportation	Transport seniors to entertainment or errands
	Nursing Care	Nursing services such as in-home care, companion care, medication management, assisted living
	After Accident Care	In home care from registered nurses to help recover from accident
	Advanced Nursing Care	Medication management, ventilator management, wound care, surgery and medical recovery care, alzheimer's care, personal care, homemaking
	Medication Management	In home care for scheduling, administering, and transportation relating to medication
	Assisted Living	Advanced nursing care for skilled care, medication management, personal care, transportation, homemaking
	Disabled Care	In home care services for disabled seniors
	Post-Surgery Care	Assist seniors in recovering from surgery, including advanced nursing, medication management, transportation, homemaking
	Respite Care	Provide short or long term breaks for primary caregiver
	Dementia and Alzheimer's Care	skilled nursing care
	Elder Clean Pros	Weekly visitation for home cleaning

Aging and Disability Resource Centers	Maryland Access Point	Maryland Access Point (MAP) is a one-stop-shop where you can work with certified Options Counselor to: learn about long term services, such as home-delivered meals, home modifications, home health aides, chore services, adult medical day care, assisted living facilities, Medicaid and Medicare programs. create a plan that support goals identify long term services that meet goals to remain in their home or community apply for available public services, if eligible access services and programs that support the seniors and their loved one in their home or community navigate through the public long term care system
Alzheimer's Association	Community Education Programs	Works with community partners, host location schedules a program, different topics and locations offered, can customize
	Support Group Caregivers	Offers support for caregivers, meets regularly
	Memory Café	Social club for people with early stage Alzheimer's
	Care Consultations	Over phone talk with someone like a social worker to resolve issues
	Help Line	National line anyone can call
	MediAlert plus Safe Return	Medical ID bracelet
	Support Group	General support groups for both caregivers and those with dementia or alzheimer's
	Education program	Cover variety of topics relating to memory loss and aging
	Early Stage Resources	Provides information and resources to those recently diagnosed with memory loss
Artful Aging	Group Art Therapy	draw, paint, sculpt, weave and more as group session
	Individual art therapy	For elderly individuals who have an interest in art
	Art discussion group	theme based presentations with participant commentary
Arts For The Aging	Visual, musical, performing, literary, and intergenerational arts programs	Customized arts engagements led by trained artists and designed to minimize the effects of ranges of physical and cognitive challenges.

Aspire Counseling	Individual Counseling/ Brief Couns	Individual assessment and short term counseling
	Psychological Support Groups	n/a
	Family Workshops	Help resolve family conflicts
	Information and Referral	n/a
	Weekly Staff meeting	Meeting of Rockvile support services to address any at risk seniors
Assisting Hands Homecare	Alzheimer's and Dementia Care	Assist in helping to maintain dignity and freedom by creating a positive environment
	Personal Care	Bathing, Dressing, eating, personal mobility, in-continance assistance
	Companion Services	assistance using telephone, medication reminders, meal preparation, laundry, light housework, shopping and errands, transportation
	Companionship	Provide companions to help such as aid with reading, care for plants and pets, conversation, plan outings and activities
	Coordination of care	Develop ongoing plan of care
At Home Care Inc	At Home Care Inc Program	Personal Care and hygiene
		Meal Preparation
		Shopping
		Light housekeeping and laundry
		Activity and Appointment assistance
		Companionship
		Medication Reminders
		Exercise assistance
Buckley's for Seniors	Geriatric Care Management	Assist with case assessment, planning, coordination, and oversight of client
	Companion Services	Transportation, errands, social outings, home maintenance, bill pay, entertainment, tech support, shopping assistance, notary service
CarePlus	Home Care	Place hourly and live in caregivers to provide personal care options

	72-Hour Plus Discharge	Provide personal caregiver for first 3 days post surgery. Assist carrying out discharge instructions, medication reminders, transportation, grocery shopping, meal preparation, laundry and light housekeeping
	There and Back Transportation	Drive to and from medical appointment, surgery, or procedure
Chinese American Senior Services Association	Senior English and Citizenship Classes	Citizenship classes for seniors Classes include: Citizenship, ESOL, and Computer
	Health Education	Workshops on Mental Health, Nutritious Food, Healthy Habit, Heart Diseases, Diabetics, Medicine Safety, Aging Ailment, and Communications with Doctors.
	Health Screening	Health Fairs for uninsured low-income seniors in Montgomery County in collaboration with Mobile Med., Chinese American Medical Society (CAMS), and Asian American Health Initiative (AAHI) Health screenings include: mental health, height, weight, blood pressure, hearing, vision, EKG, bone density, blood tests, urine tests, hepatitis B antigen, and cancer screening referral.
	MobilMed/ CASSA Clinic	Clinic on weekly basis to uninsured low income seniors
Chinese Culture and Community Service Center, Inc	Evergreen Club	Social club that meets to provide activities such as Mahjong, Tai Chi, etc. Also offers meals
	Adult Day Healthcare Center	Only available to people on Medicaid, provides adult day care services, such as meals, transportation, assistance with errands, and activities

City of Rockville Villages Advisory Committee	Villages	Provides volunteers, transportation to medical appointments, services, groceries and more. Volunteers may also help with simple tasks at home such as small repairs and cooking meals. Villages may organize book clubs, walking groups, knitting clubs, guest speaker events, group outings and so much more. Villages often partner and connect with other local organizations and develop programs together.
ClancyWorks	Senior Dance Program	Include a performance or demonstration by the ClancyWorks Dance Company, as well as a series of regular classes, in senior centers, resident communities and other appropriate settings. Each movement session includes exercises to foster effective brain stimulation, body coordination and therapeutic benefits.
ComForCare	Home Care	Provides homecare service: Bathing and Toileting, Companionship, Family Respite, Grooming and Hygiene, Light Housekeeping, Meal Preparation, Medication Reminders, Safety Supervision, Transportation/Errands
Comfort Home Care	In Home Care	Aide daily living including personal hygiene, cooking, cleaning, exercise, driving to appointments
	Dementia and Alzheimer's care	Work with memory clients to assist daily living
Comfort Keepers	In Home Care Services	In home services such as bathing, hygiene, mobility assistance, companionship, meal preparation, laundry and housekeeping, shopping and errands, medication reminders, etc
	Interactive Senior Caregiving	Personalized plan with activities including meal preparation, neighborhood walks, companionship, participating in local activities, etc
	Respite Care	Provide support so primary caregiver can leave for a short time period
	Dementia and Alzheimer's Disease Care	Care for seniors with dementia or Alzheimer's

	End of Life Care	Work with local hospice agency or medical provider to meet family's care needs
	Transition Care	Care for seniors who have left hospital and are returning home
	Personal Care	Maintaining personal hygiene, grooming, toileting, eating, generally more help than companionship in home care
	Companion Care	Provide caregivers to help clean house, provide transportation, get to grocery store
	Senior Medication Management Systems and Personal Emergency Response	SafetyChoice® by Comfort Keepers personal emergency response systems, medical management products, and home-monitoring devices offer affordable, reliable security and safety for seniors.
MARC - Maryland Area Rail Commuter - Maryland Transit Administration (MTA)	n/a	Commuter rail system discount for seniors, 1/3 regular cost for Local Bus, Light Rail, Metro Subway, and Neighborhood Shuttle Bus, 1/2 for MARC
Community Ministries of Rockville, Inc.	Home Care Program	Homemaker aides assist with home care and light housework
	Safe and Habitable Home Project	Plumbing, electrical repairs, replacement of deteriorating structures, and inspection, repair and replacement of furnaces and appliances. Also help install safety devices such as railings and grab bars, hand held shower nozzles, and provide bathroom equipment.
	Friendly Phone Caller Program	Volunteers call seniors on a weekly basis to make sure that they are satisfied with services, seniors receive friendly phone calls
	Food Delivery	n/a
County Cable Montgomery	Seniors Today: Resources for Vital Living	Austin Heyman leads this show's effort to share news and information of interest to senior residents of Montgomery County.
Daughter for the Day Inc	Transportation Assistance	Volunteers take seniors to appointments, personal errands, etc

	Temporary Crisis Assistance	Provides rapid assistance during an unforeseen crisis. Provides funding for food and perscriptions
	Health & Wellness	Improve quality of life
Doc's Nursing Jobs Inc	Transportation	Provide Medical transportation services. These include wheelchair and geriatric care transportation, doctors appointment, nursing assistance escort, etc
Driving Mom and Dad	n/a	Personalized transportation for seniors
Exact Enterprises Inc	Transportation Service	Provides transporation to doctors and clinic appointments, meetings, rehab, etc
Holiday Park Multi-Service Senior Center	Senior Center	Health and wellness lectures, travelogues, managing your finances, and musical performances, nutrition, health counseling, use of exercise equipment
	Legal Services	Legal services such as Medicare, public housing, services for homebound
	Hearing Assistive Device Center	Check new hearing equipment
Holy Cross Health	Seniors Emergency Center	Care for non-life threatening emergencies
	Seniors Surgery Center	Surgical care dedicated to seniors
	Senior Inpatient Services	Acute care
	Home based care	Error, no description provided
	Fitness and Wellness	Wellness education, exercise programs, classes, day center with support
	Disease Prevention and Management	Education, preventive health classes, fitness and bodywork, disease management and exercise
	Family and Caregiver Resources	Expert advice to understand needs of elderly, access to support services
	Senior Fit	Chronic disease management, regularly scheduled fitness classes
	Better Bones	Exercise program for osteoporosis
	Stanford University Disease Self-Management/Living Well	Connects groups of people with different chronic conditions, eg people with diabetes to provide information on how to manage disease

	Clinical program on Pulmonary maintenance	Clinic on various lung related ailments such as COPD
	Geri-yoga	Yoga class for older people
	Baby boomer boogie	Dance based cardio class for older people
	Senior Source	Zumba, yoga, lectures, boogie classes, meditation, various classes
Hospice Caring Inc	Non-medical Hospice Services	Provides practical and emotional support to terminally ill children and adults. Services include: support, companionship, assistance with household tasks, transportation
	Volunteer Helping Hands	Provide practical and emotional support to patients and families facing life limiting illness
Hospice and Palliative Care Network of Maryland		
Housing Opportunities Commission	Independent Living Communities	<p>Independent Living in Public Housing Communities</p> <p>HOC has 555 public housing units located in 3 buildings designated for elderly residents and persons with disabilities. Applicants to these buildings must come through the HOC public housing waiting list.</p> <p>These apartment communities are conveniently near transportation and shopping. Each building has a community room, laundry facilities, and some recreational activities. Apartments have individually controlled heat and air conditioning and full kitchens. A single HOC public housing application for housing will place you on the waiting list for these three properties.</p> <p>Due to long waiting lists for public housing, HOC's list is not accepting new applicants. For an update on the current status, check the home page of HOC's website. If the list is going to open to new applicants, information will be posted online. Or, you may call 240-627-9789. A recording will announce the status of HOC's waiting lists.</p>

Iona	Helpline	Answer questions and connect to resources. Provides information on other services offered
	Family Consultation and Support	Provide social workers and nurse care managers to advise families on issues such as if a senior should remain at home, how to manage health issues, referrals, etc
	Care Management and Help at Home	Care managers to create care plan to manage senior at home
	Adult Day Services	Care and engage adults with Alzheimer's, Parkinson's, stroke, or other chronic illness. Provide activities
	Counseling and Support Groups	Social workers who help cope with emotional difficulties
	Exercise and Fitness	Offer fitness classes
	Legal Assistance	Legal Counsel
	Loan Closet	Free items to use such as wheelchairs and grabbers
	Active Wellness	
	Take Charge Age Well Academy	Learn to navigate opportunities and challenges of aging, emphasis on aging in place
	Arts	
	Special events	Workshops and activities
Jewish Council for the Aging (JCA) of Greater Washington	Selma Sweetbaum Senior Satellite Programs	Includes current events discussion, exercise classes, chorus.
	Coming of Age in Maryland	Activities include theater, museums, lectures, performances, "Food and Fun" restaurant outings that feature a game component, an annual health and wellness expo and more
	The Albert and Helen Misler Adult Day Center	Provides stimulating activities, socialization and nursing supervision for older adults with physical, cognitive or emotional challenges. Services include door-to-door transportation and hot kosher lunches.
	Senior HelpLine and HomeCare Resource Center	Find senior services such as home care, housing, job training, etc
	Gorlitz Social Day Program	Provides camaraderie and coping skills for those in early stages of diagnosed memory loss. Cognitive and physical activities
	Caregiver Support Groups	Facilitate support groups where caregivers share experiences and learn from each other

	Heyman Interages Center	Volunteers of 50+ tutor and mentor students from pre-k through high school
	JCA University and Speakers Bureau	Provides training and informational presentations to a wide range of audiences such as older adults, caregivers, community groups
	Career Gateway	Multi-day workshop for 50+ jobseekers. Includes training, attention, materials for take home, and a mentor
	Senior Community Service Employment Program	Provide on the job training for low income adults age 55+
	50+ Employment Expos	Network older jobseekers with area employers and learn new strategies
	WorkSource Montgomery	Learn about SCSEP eligibility and job search resources
	SeniorTech Computer Training	50+ learn basics of computers like Windows, word processing, email, social media, and how to use smartphones, and more
	Connect-A-Ride	Information and mobility specialists provide free information and referrals to help people find transportation
	Door-to-Door Buses	Buses take seniors to adult day programs, senior centers, and other destinations. Groups can book buses for trips throughout DC
	Escorted Transportation	Arrange escorted transportation to medical appointments, grocery stores, and other destinations
	Ride Smart Workshops	Learn how to use public transportaton in classroom setting and group outing
Jewish Social Services Agency	Counseling Services	Address mental health concerns such as life transitions, decision making, caregiving, illness, grieving
	Decisions, Decisions	Assessing needs and connect to resources such as lifestyle and where to live
	Caring Collaborations	Care planning and service coordination
	Help at Home	Support aging in place with housekeeping, personal care, transportation, kosher home delivered meals
	Brenner Escorted Door to Door	Escorted door to door transportation
	Staying on the Go	Raise awareness and discussion about planning for when driving is not an option
	Social Programs	Includes bringing new seniors together, classes, mobile university
	Financial Consultations	One stop shop to recevie referrals and assistance

	Care Coordination	Care management, assisting with medical appointments, communication, home delivered meals, home repair, medical needs, socialization, shopping and errands
	Psychiatric Services	Psychiatric consultation and treatment
LifeEchoes	Program 1 Legacy	Complete LifeEchoes book
	Program 2 Testing the Waters	Mini book that includes one story and 3 photographs
	Program 3	Editing, formatting, and publishing
Lifelong Learning Institute at Montgomery College	Osher Lifelong Institute	Classes on Archaeology/ World Cultures, Art and Art History, Careers & Employment for 50+, History and Current Events, Literature and Writing, Music, Personal Enrichment, Personal Finance, Photography, and Wellness
	Information Technology Institute	Base of classes in computer technology
	World Languages	Language classes
	Health Science Institute	Offered for seniors who want to retrain for certification
	Performing arts centers	available to all members of Montgomery College
LifeMatters	HomeCare	Provide companionship, grooming, transfers, housekeeping, bed making, assistance, medication reminders, nutrition planning, transportation, etc
	Skilled Nursing	Staffed registered nurses, social workers, other clinical experts, medication, wound care, diabetes management
	Disease Specialties	Trains caregivers to manage diseases such as Alzheimer's Parkinson's, ALS, MS, diabetes, etc
	FlexCare	Certified nursing assistants help with shopping, errands, transportation, meals and hygiene, geriatric care for seniors living in assisted living and nursing homes
	Corporate Employer Benefits	Assisting employees with supporting activities of daily living to help caring for a loved one
	Care Management	Referral to social workers and registered nurses to help find services and information

LivHome	Caregiving	Pair elderly client with caregiver to provide bathing, dressing, grooming, companionship, errands, transportation, medical oversight
	Care Management	Professional Geriatric Care
	Alzheimer's and Dementia	Care managers for patients with dementia or alzheimer's
	Companion Program	Teams adults and seniors with similar interests and life experiences to provide social interaction
	Long Distance Home Care	Caring for parents at distance
Mana Food Center	Food for Families	Provides supplemental food to families every 30 days
	Serve Food for Agencies	Provide food for smaller organizations that provide food directly to consumers. Includes hot meal programs and food pantries
	Nutrition Classes	Offers low income grocery shoppers assistance to teach people price comparison and nutrition label reading
	Breaking Bread	Create space and conversation to nurture dialogue about race, class, culture of dependency, etc that create or contribute to hunger
Maryland Care	Social Services	Assist with personal and adjustment problems for members of care. Guidance in using social services, financial assistance, county and state programs, counseling, support groups
	Engaging Activities	Activities include field trips, board games, entertainment, etc
	Nursing Oversight	Provide full time nursing staff
	Transportation Services	Arrange or provide transportation for members to locations and medical appointments
	Dietary Services	Provide meals and consulting
	Salon & Spa	In house beauty parolor and personal hygiene
	Rehabilitation services	Exercise and physical therapy
Maryland Department of Aging	Senior Assisted Living Group Home Subsidy Program	For low and moderate income seniors, provides access to assisted living in small group homes. The subsidy supports the cost of services provided in assisted living, including meals, personal care and 24-hour supervision for elderly residents who are frail and unable to live independently.

	Senior Care Program	The Senior Care System provides case management and funds for services for people 65 or older who may be at risk of nursing home placement. Senior Care allows seniors to live with dignity and in the comfort of their own homes and at a lower cost than nursing facility care. Senior Care provides a comprehensive assessment of an individual's needs, a case manager to secure and coordinate services, and a pool of gapfilling funds to purchase services for individuals who meet program eligibility requirements. Services may include personal care, chore service, medications, medical supplies, adult day care, respite care, home delivered meals, transportation, and emergency response systems.
	Congregate Housing Services Program	Support and subsidized daily help with activities such as meals, housekeeping, and personal services.
	State Health Insurance Program	Counselors provide assistance in the following general areas: Medicare Prescription Drug Coverage Program (Medicare Part D), Medicare supplements (Medigap Plans), Assistance for disabled Medicare beneficiaries (under age 65), Medicare Advantage Plans (HMOs, preferred provider organizations), Long Term Care Insurance, Medical Assistance programs, Assistance for low-income beneficiaries, Assistance with denials, appeals and grievances, Billing problems, Health care fraud and abuse, Volunteer counselor opportunities, Free community presentations
Maryland Department of Disabilities	Attendant Care Program	The Program provides financial reimbursement to supplement individuals' costs of attendant care services. Services may include in-home assistance with personal care, chore services, and transportation.

Maryland Department of Health and Mental Hygiene	Community First Choice	Program provides community services and supports to enable MD residents who need support with activities of daily living. Services include: Personal Assistance Services, Emergency response, technology, environmental assessment, accessibility, consumer training, transition services, nurse monitoring, home meal delivery
		Program provides community services and supports to enable older adults and people with physical disabilities to live in their own homes. Services include: personal assistance, emergency response, technology, environmental assessment, consumer training, support planning, transition, home delivered meals, pharmacy, hospital care, mental health services, etc.
Maryland Department of Housing and Community Development	Accessible Homes for Seniors	Zero-interest loans and grants for home modifications/ improvements are given to eligible seniors
Mental Health Association of Montgomery County	Friendly Visitor	Friendly Visitor matches volunteers age 21 and over with elderly clients within the community who are isolated and lonely. Visits may include opportunities to play board games, cook, read, watch the news or chat about current events.
	Representative Payee	Representative Payee volunteers assist low-income, disabled Montgomery County residents manage their government benefits.

Metrobus - Washington Metropolitan Area Transit Authority (WMATA)	n/a	Fixed bus route service runs within the District of Columbia, Suburban Maryland, and Northern Virginia. Most bus routes are accessible. All buses are accessible and have either a low floor ramp or are lift-equipped. Operator will call for another bus if lift fails. Seniors and people with disabilities who require accessibility features to use public transportation may be eligible to ride at a discounted rate. Fare for seniors and people with disabilities is 85¢ for regular routes and \$2.00 on express routes. Senior citizens may ride for half the peak fare on Metrorail.
Montgomery County Commission on Aging	Senior Nutrition Programs	
	Mobility Manager - Transportation Program	
	Village Manager- Village Program	
	Nurse Monitoring Programs - Nurse Manager	
	Health Promotion Programs	
	AERS Evaluations - Nurse Manager	
	Ombudsman Program	
	Group Home Subsidy Program	
	Aging and Disability Resource Unit	
	Support Planning Agency	
	Caregiver Support Coordinator	
	Senior Care	
Montgomery County Department of Health and Human Services		
	Adult Foster Care	Provides supervised housing and assistance for disabled adults. Also provides case management and subsidies
	Adult Protective Services	Investigates allegations of abuse, neglect, and exploitation
	Adult Public Guardianship	Provides surrogate decision making for disabled adults adjudicated as incapacitated. Also provides case management

	Abused Persons Program	Provides crisis and ongoing counseling, shelter, and support services to victims of partner related domestic abuse
	Victim Assistance and Sexual Assault Program	Assists victims of crimes such as rape, homicide, car jacking, hate crimes, etc. Provides information, referral, advocacy, crisis counseling, and support
	Family Caregiver Program	Provides information and referral to caregivers about available services, assists in accessing services
	Individual and Family Support	Monitors funding provided for family and individual support services with developmental disabilities
	Respite Care	Provides short term relief to unpaid life-in caregivers/families
	Medicaid Long Term Care	n/a
	Rental Assistance Program	Assists individuals with rental costs
	Senior Group Home Subsidy	Pays portion of cost for clients to live in senior group homes
	Social Services to Adults	Provides short term case management
	Senior Care Assistance/Subsidy Program	Has funds to supplement cost of Adult Day Care, medication, personal care, transportation, home delivered meals, co-payments, medical supplies, etc
	Utility Assistance Program	Helps low income residents pay heating and utility bills
	Dental Services: Adult	n/a
	Mental Health/Substance Abuse Screening and Referral	Provides assessment and linkages for low income persons who need services for major mental health and/or substance abuse problems
	Senior Mental Health Program	Outreach mental health services for seniors
	Outpatient Addiction Services	Delivers care to individuals with mental health and substance abuse symptoms
	Senior Nutrition Program	Provides meals in group settings for seniors, nutrition education. Refers seniors to Meals on Wheels
	Adult Evaluation and Review Services	Comprehensive evaluations to identify available services to help individuals remain in the community
	Long Term Care Ombudsman Program	Maintains presence and access to services for residents of nursing and assisted living facilities. Advocates for long term care residents
	Home Care/Aide Services	n/a
	Community First Choice	Residents who need support with activities of daily living like bathing, grooming, and dressing

Montgomery County Department of Transportation	Call-n-Ride Program	This Montgomery County program provides subsidized taxi trips for low-income persons with disabilities and seniors.
Montgomery County Recreation	13 "55+ Active Adult Programs"	An Active Adult Program meets in a Community Center, two days per week, has fewer rooms available for activities and is staffed by a program director and a nutrition manager. Some programs offer a lunch program and limited curb-to-curb transportation.
	Holiday Park Senior Center	variety of social and enrichment programs, including literature and writing classes, discussion groups, card and board games, and special interest seminars and trainings. Those interested in keeping up with today's technology can visit the computer lab that offers on-going training.. On the health front, many fitness classes are offered in our exercise room. Most exercise classes, including aerobics, bone building, yoga and tai chi require pre-registration, but repeat on a 6-10 week cycle so that newcomers can quickly join our programs. Many people utilize the health clinic where a registered nurse is on duty Tuesday/Thursday from 9:00 AM - 12:30 PM and Wednesdays 9:00 A.M. - 3:00 P.M. to discuss health concerns. There are numerous drop-in programs. Drop-in activities include health and wellness lectures, travelogues, managing your finances, and musical performances, just to name a few.

	Damascus Senior Center	<p>The Center offers a wide range of activities and amenities that are available to seniors, including entertainment, an excellent array of movies, informational speakers, dances, theme events and wellness journeys to improve your overall physical and mental health. All of our programs are sponsored by the Damascus Senior Center Sponsors, Inc.</p> <p>We seek to be a warm and joyful place to visit, socialize, exercise, learn and enjoy! See our monthly newsletter for a complete listing of events offered.</p>
	Long Branch Senior Center	<p>social opportunities, health and wellness programs and lifelong learning. A nutritious lunch is served at the center Monday through Friday at 1:00 pm. Reservations may be made in person or by calling two days in advance. The full cost of the meal is \$5.92.</p> <p>file:///rtifile02/SrCitizensNeedsAssess/Inventory%20of%20Existing%20Services/longbranchseniorcalendar.pdf</p>
	Margaret Schweinhaut Senior Center	<p>The Center offers a wide range of activities and amenities that are available to seniors, including entertainment, an excellent array of movies and travelogues, informational speakers, dances, theme events and wellness journeys to improve your overall physical and mental health. The community partnerships with Holy Cross and Suburban Hospitals along with numerous local non-profits and businesses allow the Center to broaden its programming and reach out to the community in a positive way.</p>
	White Oak Community Recreation Center (Looks like it's also referred to as White Oak Senior Center)	<p>provides a variety of activities and experiences for all ages including open gym activities, classes, programs, and special events.</p>

	Recreation Centers	Montgomery County has 20 recreation centers with convenient locations, hours and diverse amenities and programming. Montgomery County Recreation has plenty of facilities that provide activities for children, teens, and adults, and may include programs for seniors and individuals with disabilities. Activities typically include classes, workshops, clinics, drop-in programs, supervised play, sports, open gym, crafts and special events. Some centers have exercise/weight rooms, billiards and game rooms. Portions of these centers are available for rentals. Contact the appropriate center for rental information and hours of operation.
	Senior Fit	These free classes help participants to improve strength, endurance, and flexibility.
	Senior Shape	Senior Shape is a partnership between Suburban Hospital and Montgomery County Recreation. These classes provide strength, flexibility, and aerobic exercise training.
My Adaptable Home	Independent and Assisted living	Install items such as grab bars, shower benches, tub modifications, handheld showers, etc
My Pillar Healthcare	Activities of Daily Living	Ambulation, grooming, dressing, assistance, respite care, medication pickup, errands, companionship, housekeeping, general home care
NIFLO Home Health Care	Non-medical home care	Includes personal care, grooming, companion care, respite, and training
	Skilled Nursing	Registered nurse assessment and evaluation. Creation of personalized treatment and care plan. Basic nursing, pain management, vaccinations, post op, intravenous therapy
	Physical Therapy	Help cope with injury, orthopedics, coordination, flexibility, post and pre surgery, work related injuries
	Occupational Therapy	Focus on restoring mobility, assist with daily activities, education, fall prevention

	Speech Therapy	Help with swallowing difficulties, stroke, hearing impairment, voice disorders, speech impairment, memory problems
	Home Health Aide	Works under supervision of RN to provide home care such as bathing, meal preparation, light housekeeping, mobility assistance
Osher Lifelong Learning Institute at Johns Hopkins University	Osher Lifelong Institute	Educational programs: in history, science, literature, religion, art, music, philosophy, economics and etc
	Osher Lifelong Institute	Educational programs: in history, science, literature, religion, art, music, philosophy, economics and etc
Potomac Home Health Care	Skilled Nursing	Registered nurse performs nursing assessment and develops plan of care. Provides basic coordination and services
	Infusion Therapy	Comprehensive infusion services including hydration, antibiotics, chemotherapy, etc
	Mental Health	Psychiatric care
	Medical Social Work	develop and implement plan of care by assessing social factors
	Physical Therapy	Assesses functional level and develops rehabilitation program
	Occupational therapy	Assess ability to perform daily living activities and develop specific program to maximize safety and independence
	Speech Language Therapy	Assesses and treats speech, language, swalling disorders
	Home Care Aide	Assist patient with personal care like bathing, dressing, meal preparation, walking
	Dietitian	Assess patient nutritional needs and develop program to assist in meeting said needs
Regent Healthcare	Companion Care	Respite and family relief, companionship, games, medication reminder, diet and eating, shopping and errands, transportation
	Personal Care	Transferring and mobility assistance, restroom, bathing and showering, personal hygiene, Alzheimer's and Dementia Care

Respite Services of Montgomery County	Respite Services	Respite Services of Montgomery County can help families find the most appropriate provider. Financial subsidies are available for qualified individuals and families.
Ride On Bus- Transit Services- Montgomery County Department of Transportation	n/a	Ride On buses are free Monday through Friday, 9:30 a.m. to 3:00 p.m. for seniors and people with disabilities. Seniors must be 65 years or older and have a valid Metro Senior ID card or Senior SmarTrip® Card or a valid Medicare card and photo ID.
Rockville Meals on Wheels	Meals on Wheels	Serves homebound elderly, convalescing and persons with disabilities who are unable to prepare meals for themselves. Volunteers deliver attractive, healthy meals each weekday morning (Monday - Friday). Two meals are delivered -- a ready-to-eat hot meal for lunch and a cold meal for dinner.
Rockville Senior Center	Senior Support Services	
	Registration	All class, programs and special event senior registrations, serves as Main information Desk Coordinator for Senior Services
	Facility	Marketing, Center Membership Program, Office Manager, Rental Program
	Support Services	Supervisor for Outreach , Counseling, Transportation, Lunch Program, Call and Ride Program, Computer lab, Home Maintenance Program, Positive Aging Grant Program
	Senior Recreation, Classes and Trips	Senior Special Events, Day and overnight trips, Lectures, Recreation classes
	Senior Sports and Fitness	Supervisor for Sports Leagues, Drop in play, Bocce and Table tennis, Fitness Classes, Fitness Special Events, Fitness Memberships
	Outreach	Works one on one with seniors who need information, referral and assistance. Individualized Assistance, Home and Hospital visits, Emergency Financial assistance, Financial Assistance for Senior Center Activites, Trips, classes and events.

	Outreach	Works one on one with seniors who need information, referral and assistance. Individualized Assistance, Home and Hospital visits, Emergency Financial assistance, Financial Assistance for Senior Center Activities, Trips, classes and events. Coordinates Senior Hispanic Activities.
	Wellness	Works with seniors to identify Health Problems, Find doctors, gives health counseling advice. Health Education, Body Comp Screenings, Medical Equipment loan closet, Support Groups, Resource Library Plans Health and Wellness Fairs, Blood pressure program, Health lectures on a variety of topics.
	Home Maintenance	Works with City Seniors To identify home maintenance issues, refers contractors, and will walk through home maintenance issues with the contractors at senior homes. Snow Removal program, and Water Conservation Program installing water efficient toilets in low income senior homes.
	Congregate Meal Program	Daily lunch program (one time a week Chinese)
	Montly Evening meal	n/a
	Financial Assistance	n/a
	Transportation	Subsized taxi coupons, bus services to go shopping
	Snow removal assistance	n/a
	Computer and Technology assistance	n/a
	Citizenship classes	n/a
	English as a second language	n/a
	Clubs	Young in Hearts, Red Hats, Willing 3 C's, independent clubs that do their own activities
	Drop in	Various drop in opportunities like Bocce, games, cards
	Montly birthday parties	n/a
Senior Connection	Senior Rides transportation	Escorted transportation
	Pantry fillers grocery shopper	n/a
	Money Monitors bill paying	n/a
	Bill Paying/ Paperwork Program	Volunteers help seniors manage monthly income and expenditures; assist with paperwork related to bill paying; and prepare checks for their signature.

	Grocery Shoppers Program	Grocery shopping on behalf of or accompanying client
	Transportation Program	Senior Connection provides transportation services to seniors 62 and over using volunteer drivers who escort passengers primarily to medical appointments and, when possible, to other places.
Senior Helpers	Companion Care	Companionship, caring, conversation, help with hobbies, general shopping and errands, transportation
	Alzheimer's and Dementia Care	Customized care plans, stimulate memory, patient monitoring, communication, activities
	Housekeeping	Laundry, cleaning, meal prep, washing dishes
	Personal Care	Personal hygiene assistance, medication reminders
	Care Management and Evaluation	Attend physician appointment, referral services, home improvement and medical supplies, emotional support
	Surgery Assistance & Sitter	Monitor elderly while in hospital or nursing home
	Wellness Watch	Semi monthly visits include companion care
StarCare	Caregivers	In-home caregivers provide assistance such as personal care, dressing, bathing and grooming, light housekeeping, shopping and errands, transportation, etc
	Skilled Nursing	Professional nurses who help with medication management, wound care, chronic illness management, disease management, etc
Senior Transportation Service	Transportation	Provides rides to medical appointments, errands, personal outings, etc
Senior Connection	Senior Rides	Provides free escorted transportation to seniors
	Pantry Fillers	Grocery shopping
	Money Monitors	Bill pay and paperwork

St Raphael's Catholic Church	Society of St Vincent DePaul	Assists individuals that are in financial crisis, such as making rent or utility bills
	Labor of Love	Knit and crochet group who also provide support for other organizations in the church
	Advent Giving Tree	Help provide Christmas gift for people, many are seniors in shelters
	Respect for Life Committee	Group of members who advocate, such as around physician assisted suicide
	Bereavement Ministry	People find healing through faith after loss of a loved one
The Support Center of Family Services Inc	Adult Medical Day Program	Full care model for patients who do not need institutional care but are not capable of full time independent living
	Medical and Health Services	Provided by Registered Nurses
	Nutrition Plans	Developed for patients
	Social Work/Case Management	Overseen by social worker
	Physical Therapy	Available as ordered by physician
	Therapeutic Recreational services	n/a
	Transportation	To and from center, depending on location
	Daily activities	Encourage social interaction such as walking groups, sensory stimulation, field trips, musical performances, pet therapy
Synergy Home Care	Home Care Services	Includes Care Management, personal assistance, errands & transportation, meals, housekeeping, companionship, live in care
	Senior/Elder Care	Provide personal assistance, transportation, housework, meal prep, managing finances, in home care
	Respite Care	Allow caregiver to take temporary reprieve
	Recovery Assistance	Provide help with patients returning home from hospital
	Care Management	Transportation, attend doctors appointments, monitor client, special dietary needs
Transport-U	Transportation	Provide drivers to take patients to medical appointments, cultural events, shopping, doing errands, etc

Trusted Touch	In Home Healthcare	Assessments, health care aide, companionship, day surgery, pharmacy support, certified nursing, live in caregiver
	Personal Care	Chronic disease care, dementia patient care, alzheimer patient care, meal preparation, medication management, light housekeeping, toilet care, transportation, respite care
University of Maryland College Park	Golden Identification (Golden ID) Program	Classes students are charged part-time undergraduate student fees, less the health, student activities, and athletic fees.
Van Derhoof Physical Therapy	Home based rehab	Provides evaluation and individualized treatment plan including fall prevention, cardiac rehab, pain management, client education, sports medicine, etc
Villages of Rockville (Residential facility)	Adult Protective Services	Social workers and nurses respond to concerns about at risk adults
	In-Home Care	Personal care like bathing and dressing and helping around house
	Health and Mental Health	Access to insurance providers like Medicare and Medicaid. Referral for mental health services
	Respite Care	Short term breaks for caregivers of adults
	Support for Family Caregivers	Education, support, resources for people caring for a loved one
	Food/Nutrition	Senior lunch program including American, Chinese, Kosher, and more. Home delivered and grocery delivery
	Financial Assistance	Providing financial assistance or tax credits
	Transportation	Includes discounts, escorts, and accessible transportation
	Housing	Information about housing options
	Other	Referrals for adult day care, legal services, home modifications, hospice
Visiting Angels	Home Care Services	Grooming, dressing, walking, meal prep, housekeeping, errands, shopping, medication assistance, companionship

	Elderly Companion Care	Meal preparation, housekeeping, errands, shopping, housekeeping
	Personal/Private Duty Care	Provide home aides and services to remain independent
	Social Care	Teach seniors to use modern technology like cell phone and email to stay connected. Basic Internet skills
	Dementia Care	Customized care for patients with dementia
	Alzheimer's Care Services	Help maintain independence and daily routines
	End of Life	Provide caregivers with information needed to support families through end of life decisions
	Read-Set-Go Home	Avoid hospital readmission
Validity	LSVT BIG	Physical therapy to help improve motor skills for individuals with Parkinson's or other neurological disorders such as stroke or MS
	Parkinson's	Exercise with Parkinson's
Washington Metro Oasis	OASIS	Senior education program offering classes and trips. Also has health programs to promote active lifestyles and volunteer opportunities.
Warman Home Care	Home care	Assistance with alzheimer's, dementia, cancer, stroke, arthritis, and chronic illnesses such as diabetes, MS, Parkinson's, Cerebral Palsy
	Housekeeping	Light housekeeping
	Respite Care	n/a
	Recovery Care	n/a
	Live-In Care	n/a
Winter Growth	Medical Day	Activities for participants, nursing, social services, fitness programs, snacks, and transportation
	Respite Care	Meals, recreational activities, conversations
	Assisted Transportation	Escort individuals to doctors appointments, errands, visiting loved ones, and assist