



# Community Resource Guide

Allegheny County, Maryland and  
surrounding area

For additional resources, go to Maryland Access Point

<http://www.marylandaccesspoint.info/>



Allegheny County Health Planning Coalition

updated February 2018



<b>Table of Contents</b>	<b>Page</b>
Behavioral Health (Mental Health and Addictions)	1
Childcare and Education	5
Children's Health	6
Clothing	6
Dental Services	6
Disease Specific Services (Cancer, Diabetes, MS, HIV, Alzheimer's)	7
Family Services	7
Financial	8
Food and Nutrition	8
Food and Nutrition	9
Health Insurance, Health & Wellness (Education and Support Groups)	10
Housing and Utilities, Legal	11
Legal	12
Medical Equipment, Hearing, & Vision	12
Physical Therapy Agencies	13
Prescription Assistance	14
Services for Individuals with Disabilities & Senior Care Resources	14
Senior Services - Senior Care Resources Cont. & Senior Centers	15
Adult Medical Day Care Centers	15
Congregate Housing	15
In-Home Assistance	16
Assisted Living Facilities in Allegany County	16
Senior Apartments	17
Assisted Living Facilities outside Allegany	18
Local Nursing Homes	19
Transportation	20
Urgent Care	20
Veterans Services	20
Vocational	20

\*\*\*Providers change often so you may want to consult with your insurance company for additional providers

## Behavioral Health

### Crisis Services

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

### Mental Health Services

Allegany County Health Department Behavioral Health	301-759-5280
Committed to Change	240-580-1919
Garrett County Behavioral Health	301-334-7680
Pressley Ridge of Western Maryland (children)	301-724-8413
Villa Maria of Mountain Maryland	667-600-2110
WMHS Inpatient Psychiatric and Addictions Services	240-964-2200
WMHS Outpatient Behavioral Health Services	240-964-8585

### Addictions Services

ADAC (Alternative drug and alcohol center)	301-729-0340
Allegany County Health Department Behavioral Health	301-759-5280/301-759-5050
Allegany House (halway house services for individuals with Opioid)	301-777-2497
Dr. Mary Cannon (Vivitrol/Buprenorphine)	240-575-1324
Chapman & Associates (Vivitrol)	240-362-7240
Cumberland Treatment Center	301-687-0940
Main Place Treatment Center (Buprenorphine/Treatment)	240-575-1324
Potomac Highlands Guild (hotline/walk in crisis/referrals)	800-545-HELP
Keyser	304-788-2241
Moorefield	304-538-2302
Petersburg	304-257-1155
Romney	304-822-3897
Western Maryland Recovery Services	301-724-1144
WMHS Outpatient Behavioral Health Services	240-964-8585
WMHS Occupational Health	240-964-9355

### In Patient

Bob Mays Recovery Center, WV	304-623-2178
Catoctin Summit (Residential Adolescents) Sabillasville, MD	240--420-5400
Chestnut Ridge, Morgantown, WV	304-598-6400
Compass House Residential Crisis Services	240-362-7082
John D Good Recovery Center, WV	304-789-3142
Joseph S Massie Unit, Cumberland, MD	301-777-2285
Mt Manor, Emmitsburg/Baltimore	Adults 800-537-3422
Somerset Hospital, Twin Lakes Center PA	814-443-3639
WMHS Inpatient Psychiatric and Addictions Services	240-964-2200

### Early Intervention for Teens at Risk of Substance Use Disorders

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

<b>Services for Pregnant Women and Drug-Affected Infants</b>	
Healthy Start and New Beginnings	301-759-5079
<b>DWI Education Program</b>	
Allegany County Health Department Behavioral Health	301-759-5050
ADAC (alternative drug and alcohol counseling)	301-729-0340
<b>Behavioral Health Support Services/Groups</b>	
Alcoholics Anonymous	301-722-6110
Allegany County Health Department Behavioral Health	301-759-5050
Al-Anon	301-722-6110
Archway Station	301-777-1700
Boy's Town National Hotline	800-448-3000
Celebrate Recovery - Mondays 6pm, (LOH Church) 11507 Moss Ave. Cumberland	301-729-2603
Family Crisis Resource Center	301-759-9244
Hope Groups (City Reach) 3rd Tuesday every month, 6:30 pm, 612 Brookfield Ave. Cumberland	240-362-7919
Hope Station	240-362-7168
Narcotics Anonymous	301-722-6110
Maryland Public Mental Health System	800-888-1965
Pressley Ridge	301-724-8413
SMART Recovery, Mondays 6:30 pm, 205 Baltimore Ave Cumberland	240-727-1700

## Local Outpatient Behavioral Health Providers

Provider Name	Address	Phone
Allegany Behavioral Medicine, LLC (counseling & psychiatrists)	1150 Braddock Rd. Lavale	240-362-7077
Allegany Counseling and Consulting Services	36 Greene St. Suite 101 Cumberland	301-724-1697
Allegany County Health Dept. Behavioral Health (counseling and psychiatrists)	Po Box 1745 Willowbrook Rd. Cumberland	301-759-5050
Appalachian Behavioral Health	507 Henderson Ave. Cumberland 90 Main St. Westernport,	301-724-7277/301-359-9418
Chapman and Associates	922 National Hwy Lavale	240-362-7294
Convenant Counseling	907 Seton Dr. Cumberland	301-777-0633
Davis Dayhoff, PhD	9 Market St. Cumberland	301-759-3360
Dept. of Veteran Affairs	200 Glenn St. Cumberland	301-724-0061
Family Crisis Resource Center (free to victims of domestic violence)	146 Bedford St. Cumberland	301-759-9246
FSU Counseling	FSU- Braddock Rd Frostburg	301-687-4234
Steven Hartsock, PHD	81 Baltimore St. Cumberland	301-777-9005
Suanne Lewis, PhD.	Cumberland, MD	301-759-2813
Bruce Liller, LCPC	153 N Baltimore St. Cumberland	301-759-2852
Dr. Robert Lynn	134 Baltimore St. Cumberland	301-777-0620
Jim Miller, PhD. Helen Miller, LCPC	153 Baltimore St, 3 <sup>rd</sup> Floor, suite 1 Cumberland, MD	301-724-4081
Monarch Counseling	6 Fayette St. Cumberland	301-268-1699
Dr. Nagulendren	81 Baltimore St. Cumberland	301-777-9330
Dr. Nava	81 Baltimore St. Cumberland	301-777-9330
Kevin Peterson, PhD	9 Market St. Cumberland	301-759-3360

## Local Outpatient Mental Health Providers

Provider Name	Address	Phone
Potomac Behavioral & Occupational Therapy	249 Henderson Ave. Cumberland, MD	240-362-7444
Psychological Services of Western Maryland	925 Bishop Walsh Rd. Cumberland	301-777-0451
Seth Ramer, LCSW-C	1100 Industrial Bvd. Cumberland	301-895-3117
Debra Schaaf, Ph.D.	7 Washington St. Ste 2 Cumberland	301-724-5544
Serenity Counseling Services/Donna Rice	118 Valley St. Cumberland	301-722-5500
WMHS Behavioral Health (counseling & Psychiatrists)	12502 Willowbrook Rd. Suite 380 Cumberland, MD	240-964-8585
Zealand Psychological Assoc.	152 Bedford St. Cumberland	301-722-8000
<b>WASHINGTON COUNTY</b>		
Provider Name	Address	Phone
Brooklane	P.O. Box 1945 Hagerstown	800-342-2992
Washington County Behavioral Health	24 North Walnut Street, Suite 300 Hagerstown, MD 21740	301-766-7600
<b>GARRETT COUNTY</b>		
Dr. Stewart Callis	317 E. Oak St.	301-334-5281
(psychiatrist)ALSO AT GCHD	Oakland, MD	
Christian Counseling Services	PO Box 82	301-895-3117
Dr. Seth Ramer	Grantsville MD	
Garrett Cty. MHClinic	1025 Memorial Drive	301-334-7680
(counseling & psychiatrists)	Oakland, MD 21550	
<b>WEST VIRGINIA</b>		
Abuse Hotline	WV DHHR	800-352-6513
Eastern Psychological Services	278 N. High St. Romney, WV 26757	304-822-3429

## Local Outpatient Behavioral Health Providers

Provider Name	Address	Phone
Family Crisis Center (free to victims of domestic violence )	28 North "F" St., Keyser, WV 26726	304-788-6061
Family Preservation Services	Romney, WV 26757	304-822-2670
Mtn. State Psych Services	130 Center St., Keyser, WV 26726	304-788-1113, 304-813-5380
Potomac Highlands Guild Franklin Office (counseling & psychiatrists)	Franklin, WV 26807	1-800-545-4357
Potomac Highlands Guild Keyser Office (counseling & psychiatrists)	PO Box 128 New Creek, WV 26743	304-788-2241 1-800-545-4357
Potomac Highlands Guild Petersburg Office (counseling & psychiatrists)	7 Mountain Views St  Petersburg, WV 26847	304-538-2302 1-800-545-4357
Potomac Highlands Guild Romney Office (counseling & psychiatrists)	245 Charlevoix Pl.  PO Box 1583  Romney, WV 26757	304-822-3897  1-800-545-4357
Dr. Scott Thomas	Rt. 3, Box 3152, Keyser, WV 26726	304-788-9320
Greg Trainer and Assoc.	155 Armstrong St, #8 Keyser, WV	304-788-1138
Watermark Counseling	1 <sup>st</sup> Place on North Mill Drive Ft. Ashby, WV 26719	304-298-4082
WV Div. of Rehabilitation Services	Keyser, WV	304-788-2313, 800-642-8207

### PENNSYLVANIA

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

## Childcare and Education

Child Care	
Apples for Children	800-924-9188
DSS Child Care Subsidy	301-784-7000
Maryland Family Network - locate child care	800-924-9188
Office of Child Care	301-777-2385

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

Education	
Allegheny County Board of Education	301-759-2000



# Children's Health

## Children's Health Services

Allegany County Health Dept Immunization Program	301-759-5082
Allegany County Health Dept Lead Program	301-759-5077
Dr. Monique Gingold Children's Neurology (Morgantown)	304-599-5500
Dr. Bilal Ittani (Keyser)	304-788-0202
Office of Maternal, Child and Family Health (Charleston)	304-558-5388
Ruby Memorial klinberg Center for Children (Morgantown)	304-293-7331
WV CHIP	304-558-2732
WV Immunization Program	304-558-2188
Pittsburgh Children's Hospital	412-692-5325

## Children with Special Health Care Needs

Children and Youth with Special Health Care Needs	301-759-5077
Children with Special Health Care Needs (WV)	304-558-5388
Developmental Disabilities Administration	301-791-4670
Infants and Toddlers Program (developmental delays)	301-759-5081
Service Coordination, Inc (developmental disabilities)	301-722-1470
WV RESA VIII Child Development (Martinsburg)	304-558-5388

## Child Development Screening and Therapy

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

## Clothing (For Emergency Situations)

YMCA Downtown	301-724-5445
Union Rescue Mission, 16 Queen City Pavement, Cumberland	301-724-1585

## Dental Services

### Dental Care

Allegany College Dental Hygiene Clinic	301-784-5250
Garrett County Dental Health	301-334-7660
Health Right	<a href="tel:301-777-9150x112">301-777-9150x112</a>
Hyndman Dentistry Clinic	814-842-3206
Mountain Health Alliance (Cumberland)	301-777-9150
WVU School of Dentistry Dental Clinic	304-293-6208

### Dental Care for Children and Pregnant Women with Medical Assistance

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

### Extractions for Adults

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

### Donated Dental Care for Individuals with Disabilities

Donated Denture Project (low income srs./disabled/denture ready)	800-642-8522
Maryland Foundation of Dentistry	410-964-1944

## Disease Specific Services

<b>Alzheimer's</b>	
Alzheimer's Association 24/7 Helpline	800-272-3900
Alzheimer's Association of Western Maryland	301-696-0315
Alzheimer's Caregivers' Support Group	301-707-9904
<b>Cancer</b>	
American Cancer Society	1-800-ACS-2345
Breast and Cervical Cancer Screening Program	301-759-5083
Colorectal and Skin Cancer Screening Program	301-759-5121
Maryland Cancer Fund (treatment grants)	301-759-5121
WMHS Schwab Family Cancer Center	240-964-1400
<b>Diabetes</b>	
YMCA Diabetes Prevention Program	301-777-9622 x117
<b>Diabetes, Heart Failure, COPD/Respiratory, Anticoagulation &amp; Medication Mgmt.</b>	
WMHS Center for Clinical Resources	240-964-8787
WVU/Potomac Valley Hospital	304-597-3500
<b>Hepatitis C Treatment</b>	
Johns Hopkins Center at ACHD	301-759-5101
<b>HIV/AIDS</b>	
HIV/AIDS Counseling and Testing	301-759-5138
HIV Case Management Services	301-759-5085
Project HOME	301-784-7000
<b>Multiple Sclerosis</b>	
National Multiple Sclerosis Society (MS)	443-641-1200
<b>Wound Care</b>	
WMHS Wound Care Center	240-964-8711

## Family Services

<b>Family Support Services</b>	
Department of Health and Human Resources	
Allegany County (MD)	301-784-7000
Garrett County (MD)	301-533-3000
Grant County (Petersburg, WV)	304-257-4211
Hampshire County (Romney, WV)	304-822-6900
Hardy County (Moorefield, WV)	304-538-2391
Mineral County (Keyser, WV)	304-788-4150
Morgan County (Berkeley Springs, WV)	304-258-1350
Burlington United Family Services	
Burlington	304-289-6010
Keyser	304-788-2342
Family Crisis Center (Keyser)	304-788-6061
Family Crisis Resource Center	301-759-9244
Family Junction	301-777-2858
Family Resource Network (Keyser)	304-788-9099
Family Preservation Services (Romney)	304-822-2670, 877-698-6433
First Way Pregnancy Support Center	301-777-1261
The James Isaac House (Keyser)	304-788-0707
<b>Miscellaneous Family Services</b>	
Poison Control	800-222-1222
Smoke Detectors, Fire Marshall's Office	301-729-5021

## Financial

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

## Food and Nutrition

### SNAP Program/Food Stamps

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

### WIC Program

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

### Meal Services

Cumberland Senior Citizen Center	301-783-1722
Frostburg Senior Citizen Center	301-689-5510
Georges Creek Senior Citizen Center	301-463-6215
HRDC age 60+	301-777-5970
HRDC under 60	301-783-1722
Mineral County Meals on Wheels	304-788-5467
Mom's Meals	866-204-6111
Westernport Senior Citizen Center	301-359-9930

### Nutrition Programming

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

### Emergency Food

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

## Food continued

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

**Faith In Action Food Pantry (Keyser)** 304-788-5331

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

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

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

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

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

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

Hope Station 632 N. Centre St. Cumberland, MD, Call for date &  
 time 240-362-7168

Mt. Savage Pantry 3rd or 4th Wednesday of month 11am

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

### Community Meals

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

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

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

Stragglers Dinner (City Reach) 2nd Tuesday every month 5-7pm,  
 6612 Brookfield Ave, Cumberland 240-362-7919

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

## Health Insurance Coverage

Children's Health Insurance Program	877-982-2447
<b>Health Insurance Exchange</b>	
Western Maryland Health Insurance Connector	888-202-0212
Pennsylvania residents	800-318-2596
West Virginia residents	800-318-2596
<b>Navigators</b>	
Western Maryland Health Insurance Connector	888-202-0212
Allegany	301-723-7093
Garrett	301-501-5700
Washington	301-302-0052
Administrative Care Coord. Unit (ACCU) ACHD	301-759-5094
***List of PCP available upon request	
<b>Medical Assistance</b>	
Allegany County Health Department	301-759-5076
Allegany County Department of Social Services	301-784-7000
Garrett County Health Department	301-334-7720
Garrett County Department of Social Services	301-533-3000
Pennsylvania CHIP	800-986-5437
West Virginia Medical Assistance	304-788-4150

### Federally-Qualified Health Centers

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

### Seniors

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

## Health and Wellness

### Wellness Support via WMHS

Wellness Coaching	240-964-8424
Bariatric Support Group	240-964-8617
Bereavement Support Group	240-964-9000
Better Breathers Club	240-964-3807
Cancer Support Services	240-964-1700
Diabetes Support Group	240-964-8789
Live Well with Kidney Disease	240-964-8600
Stroke Support Group	240-964-4766

### Assistance Quitting Smoking

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

## Housing and Utilities

### Affordable Housing

Allegheny County Housing Authority	301-759-2880
Cumberland Housing Authority	301-724-6606
Frostburg Housing Authority	301-689-9700
HRDC Affordable Housing Program	301-783-1713
Keyser Housing Authority	304-788-2225
Section 8 Voucher Rental Assistance Program	301-783-1880

### Rent and Utilities Assistance

Associated Charities	301-784-7254
Bedford Center for Community Action	814-623-9129
DSS Energy Assistance	301-784-7000
Eastern WV Community Action Agency, Inc. (serves Grant, Hampshire, Morgan, and Pendleton Counties)	304-822-5584
HRDC Office of Home Energy Programs	301-777-8550
Renter's Tax Credit Program	301-777-2108
Pennsylvania Heating Assistance	866-857-7095
Salvation Army	301-777-7600
West Virginia Energy Assistance	800-642-8589

### Emergency Housing

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

### Home Repair/Modification

Camp Hope	301-689-0444
Group Cares and HRDC	301-783-1713
Habitat for Humanity (Hampshire/ Hardy WV)	304-822-7521/304-530-3714
Nails Mission Project	301-722-6958
Somerset Home Repairs	814-445-6174
Weatherization Assistance Program	301-777-8550

## Legal

### Protective Services

Child Protective Services    Work hours	301-784-7122
Child Protective Services    After hours	301-759-0362
Adult Protective Services	301-784-7128
Adult Protective Services - West Virginia	304-558-0628

### Child Services- Advocacy/Protection West Virginia

Court Appointment Special Advocate (CASA) - Keyser	304-788-0068
DHHR - Grant County (Petersburg)	304-257-4211
DHHR - Hampshire County (Romney)	304-257-4211
DHHR - Hardy County (Moorefield)	304-538-2391
DHHR - Mineral County (Keyser)	304-788-4150
DHHR - Morgan County ( Berkeley Springs)	304-258-1350
Foster Grandparent Program (Parkersbyrg)	304-422-4993
West Virginia Children's Trust Fund - Charleston	304-558-4637

# Legal

## Legal Services

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

## Child Support Enforcement

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

## Senior Guardianship

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

# Medical Equipment, Hearing, Vision

## Medical Equipment

Alpert's Medical Equipment (Keyser)	304-788-2080
The League- A Children's Place	301-759-5200
Lion's Club	
Health Right	301-777-9135x113
Frostburg	301-687-0212
Hyndman	814-327-1521
LaVale	301-729-4166
Lonaconing	301-463-5845
Mt. Savage	814-324-4440
Oldtown	301-478-5163
Shortgap	304-726-4750
Pulmonary Associates	
Keyser	304-788-2335
Petersburg	304-257-9758
Romney	301-822-8611
Woodmen of the World	301-777-2119

## Vision

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

## Hearing

Hear Now Program	1-800-328-8602
KIDS First: HEARING Services	1-800-642-9704
Maryland Relay (communication tool)	1-800-552-7724

## Physical Therapy Agencies

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



## Prescription Assistance

### Emergency Prescription Assistance

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

### Long-term Prescription Assistance

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

Rx Outreach	800-769-3880
-------------	--------------

Garrett County Health Department	301-334-7777
----------------------------------	--------------

West Virginia Rx	877-388-9879
------------------	--------------

### Drop Off Unwanted Prescription Drugs

Information on Drop Off Sites	301-759-5050
-------------------------------	--------------

## Services for Individuals with Disabilities

Abilities Network Autism, epilepsy, employment	301-777-2895
--	--------------

Aging and Disability Resource Network (Charleston)	304-363-1595
--	--------------

Archway Station Residential and day services	301-777-1700
--	--------------

Blind Industries and Services of Maryland-Services and employment for visually impaired	301-724-4111
---	--------------

The Coordinating Center-Care coordination, community programs	301-621-7830 or 410-987-1048
---	---------------------------------

Council for Exceptional Children-Group style homes, respite	301-729-8600
---	--------------

Developmental Disabilities Administration -Info and resources	301-791-4670
---	--------------

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

Family Support Services - Special Education Network	240-920-6829
---	--------------

Friends Aware, Inc.-Residential group homes, vocational	301-722-7268
---	--------------

Horizon Goodwill Industries-Career planning, job training, benefit assessment	301-729-9404
---	--------------

Living at Home Waiver Program-support services to live home	410-987-1048
---	--------------

Maryland Access Point-Information and resources	301-783-1752
---	--------------

MD Department of Disabilities-Information and resources	800-637-4113
---	--------------

Potomac Center (Romney) Adult and Children	304-822-3861
--	--------------

Ray of Hope-Residential and day services	301-722-4560
--	--------------

Resources for Independence-Advocacy	301-784-1774
-------------------------------------	--------------

Special Olympics-Athletic training, competition	301-689-5590
---	--------------

Spectrum Support Services-Vocational, family support	301-724-1690
--	--------------

Unified Community Connections -Residential and day services	301-729-4295
---	--------------

## Senior Care Resources

Adult Evaluation Review Services	301-759-5210
----------------------------------	--------------

Group Senior Assisted Housing Subsidy	301-783-1709
---------------------------------------	--------------

Long-term Care Ombudsman	301-783-1771
--------------------------	--------------

Medicaid Waiver for Older Adults	301-783-1706
----------------------------------	--------------

Project HOME	301-784-7000
--------------	--------------

Respite for Family Caregivers	301-759-5210
-------------------------------	--------------

Senior Care/Personal Care Program	301-759-5210
-----------------------------------	--------------

Social Services to Adults	301-784-7183
---------------------------	--------------

## Senior Care Resources Cont.

### **Pennsylvania Aging and Family Services**

Bedford County Area Agency on Aging	814-623-8148
Somerset Aging Services	814-444-2681

### **West Virginia Aging and Family Services**

Grant County (Petersburg)	304-257-1666
Hampshire County (Romney)	304-822-4097
Hardy County (Moorefield)	304-538-2256
Mineral County (Keyser)	304-788-5467 x104
Morgan County (Berkeley Springs)	304-258-3096

## Senior Centers

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

### **Pennsylvania & West Virginia Senior Centers**

Bedford Area Senior Citizens	814-623-6674
Frankfort District Senior Center (Short Gap)	304-738-2353
Keyser Senior Center	304-788-8155
Romney Senior Center	304-822-2465
Paw Paw Senior Center	304-947-7922

## Adult Medical Day Care

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

## Congregate Housing

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

## In-Home Assistance

### **In-Home Aid**

DSS In-Home Aide Service (IHAS)	301-784-7183
Coordinating Care for Independent Living (Keyser)	866-777-9230
Mineral County Aging and Family Services (Keyser)	304-788-5467 x104

### **In-Home Aid (private pay agencies)**

Caring Angels Home Health (Winchester)	540-450-8680
Comfort Keepers	240-362-7074
Northern WV Home Health (Kathleen Drumhouser)	888-959-598 x47881
Personal Home Care Services	301-697-0850
ProCare Home Health Providers	301-876-9152
Tender Loving Care, Inc.	301-729-4727

### **In-Home Nursing Services**

WMHS Home Health	240-964-9100
WMHS Community Health Workers	240-964-9213
Hospice Services	240-964-9000
Grane Hospice Care (Bedford County)	800-379-01299
Heartland Hospice (Somerset County)	800-497-0575
Hospice of the Panhandle (Romney)	304-822-8813
Mountain Hospice (Keyser)	304-788-5300

### **In-Home Dr. Visits for Homebound Clients**

Tri-State Community Health Center	301-722-3270
Mountain View Primary Care	301-759-4544

### **In-Home Lab Work**

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

## Assisted Living Facilities-Allegany County

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

## Senior Housing

Braddock's Greene (age 62 & up) 100 Braddock Street, Frostburg, MD	301-689-3085
Cascades (age 62 & up) 701 E. 4th Street, Cumberland, MD	301-724-3033
Cumberland Arms 10 North Liberty Street, Cumberland, MD	301-724-0341
Cumberland Manor 229 Baltimore Ave., Cumberland, MD	301-777-5186
Cumberland Meadows (age 62 & up) 12500 Old Willowbrook Road, Cumberland, MD	301-777-0008
Frostburg Apartments	301-689-2268
Grande View Apartments 25801 Shady Lane, Westernport, MD	301-359-9510
Hammond Heights 421 Hammond Street, Westernport, MD	301-359-0877
John F. Kennedy Apartments 135 N. Mechanic Street, Cumberland, MD	301-724-6606
Kensington-Algonquin 1 Baltimore Street, Cumberland, MD	301-777-8800
Lana Lu Apartments 40 Main Street, Lonaconing, MD	301-463-6501
Mountain View (formerly Booth Towers) 220 Sommerville Ave., Cumberland, MD	301-777-7603
Queen City Towers 235 Paca Street, Cumberland, MD	301-724-6606
Orchard Mews	301-729-2338
Piedmont Housing Authority	304-355-2929
Potomac Heights (Keyser Hi-Rise)	304-788-8438
Valley View Apartments 81 E. Mechanic Street, Frostburg, MD	301-689-3474
Washington Ridge Apartments	301-687-0363

## Assisted Living Facilities- Outside Allegany

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

## Local Nursing Homes

Allegany Health Nursing & Rehabilitation 730 Furnace Street Cumberland, MD 21502	301-777-5941 FAX 301-777-2300
Golden Living Center 512 Winifred Road Cumberland, MD 21502	301-724-6066 FAX 301-724-6319
Oakland Nursing & Rehab 706 E. Alder Street Oakland, MD	301-334-2333 FAX 301-334-3345
Dennett Road Manor 1113 Mary Drive Oakland, MD 21550	301-334-8700 FAX 301-334-8347
Devlin Manor Nursing Home 10301 Christie Road, N.E. Cumberland, MD 21502	301-724-1400 FAX 301-724-1784
Egle Nursing Home 57 Jackson Street Lonaconing, MD 21539	301-463-5451 FAX 301-463-5456
Frostburg Village Nursing Home 1 Kaylor Circle Frostburg, MD 21532	301-689-7504 FAX 301-689-3586
Goodwill Mennonite Home, Inc. 891 Dorsey Hotel Road Grantsville, MD 21536	301-895-5194 ext. 204 FAX 301-895-3957
Lions Center for Rehabilitation & Ext. Care 901 Seton Drive, Ext. Cumberland, MD 21502	301-722-6272 FAX 301-722-0754
Moran Manor Nursing Home 25701 Shady Lane, S.W. Westernport, MD 21562	301-359-3000 FAX 301-359-0121
WMHS Frostburg Nursing & Rehabilitation Center 48 Tarn Terrace Frostburg, MD 21532	301-689-1391 FAX 301-689-6251

## Transportation

### Transportation Information and Resources

Allegany County HRDC Mobility Manager Monday -Friday 10:00am to 2:00pm Allow 72 hours to set up transportation.	301-783-1725
All Trans (disabled and elderly)	301-724-1255
Allegany County Transit	301-722-6360
Bedford Transportation	814-623-9484/814-623-2002
Med Trans (ACHD- Medical Assistance)	301-759-5123
Mineral County Aging and Family Services (limited to Mineral County due to time constraints M-Th 5hrs/day)	304-788-5467
MTM	844-549-8353
Potomac Valley Transit Authority	304-257-1414/800-565-7240
Queen City Taxi	301-722-6360
Somerset Transportation	814-444-5839/800-452-0241
"Take me Home WV" Roberta Day	304-788-9230/855-519-7557
Transportation for MS medical appointments	800-344-4867
Yellow Cab	301-722-4050
Yellow Cab (Keyser)	304-788-3531
<b>Other</b>	
Bay Runner Shuttle (trips to Baltimore)	301-898-2571

## Urgent Care

Frostburg Medical Center (WMHS)	301-689-3229
Health Matters -Cumberland, MD	301-729-3278
Hunt Club Medical Center (WMHS)	304-726-4501
MedExpress- LaVale, MD	301-729-0589
MedExpress - Somerset, PA	814-443-4740
PlushCare Urgent Care - Everett, PA	888-861-8280

## Veterans Services

Veterans Affairs Cumberland Outpatient Clinic	301-724-0061
Veterans Service and Benefits Program	301-759-5251
American Red Cross: Service to the Armed Forces	877-272-7337
Allegany College of Maryland Veterans Affairs	301-784-5203
Maryland's Commitment to Veterans	877-770-4801

## Vocational

### Employment Programs

Positive Transitions	240-362-7087
Work Experience Program	301-783-1704
Horizon Goodwill Industries	301-729-9404
Allegany County One Stop Job Center	301-777-1221

### Vocational Training for People with Disabilities

Division of Rehabilitation Services (DORS)	301-777-2119
WV Work Incentives Planning Assistance Project (WIPA, SS disability)	304-293-4692