



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

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***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
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Services for Pregnant Women and Drug-Affected Infants

Healthy Start and New Beginnings 301-759-5079

DWI Education Program

Allegheny County Health Department Behavioral Health 301-759-5050

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

Behavioral Health Support Services/Groups

Alcoholics Anonymous 301-722-6110

Allegheny 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 rd 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
WASHINGTON COUNTY		
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
GARRETT COUNTY		
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	
WEST VIRGINIA		
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 st 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	301-777-9150x112
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
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Extractions for Adults

Allegany County Health Department	301-759-5030
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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

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

Family Services

Family Support Services	
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
Miscellaneous Family Services	
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

Allegany 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

Allegany 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
Health Insurance Exchange	
Western Maryland Health Insurance Connector	888-202-0212
Pennsylvania residents	800-318-2596
West Virginia residents	800-318-2596
Navigators	
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	
Medical Assistance	
Allegany County Health Department	301-759-5076
Allegany County Department of Social Services	301-784-7000
Garrett County Health Department	301-334-7720
Garrett County Department of Social Services	301-533-3000
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
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Senior Guardianship

HRDC Public Senior Guardianship	301-783-1709
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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 McCoole, MD 21562 301-786-4171</p>
<p>Western Maryland Health System 12500 Willowbrook Road Cumberland, MD 21502 240-964-1800</p>	

Prescription Assistance

Emergency Prescription Assistance

Associated Charities (Allegany, Mineral Co.)	301-784-7053
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Long-term Prescription Assistance

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

Information on Drop Off Sites	301-759-5050
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Services for Individuals with Disabilities

Abilities Network Autism, epilepsy, employment	301-777-2895
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Aging and Disability Resource Network (Charleston)	304-363-1595
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Archway Station Residential and day services	301-777-1700
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Blind Industries and Services of Maryland-Services and employment for visually impaired	301-724-4111
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The Coordinating Center-Care coordination, community programs	301-621-7830 or 410-987-1048
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Council for Exceptional Children-Group style homes, respite	301-729-8600
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Developmental Disabilities Administration -Info and resources	301-791-4670
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Division of Rehabilitation Services (DORS)-Employment	301-777-2119
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Family Support Services - Special Education Network	240-920-6829
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Friends Aware, Inc.-Residential group homes, vocational	301-722-7268
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Horizon Goodwill Industries-Career planning, job training, benefit assessment	301-729-9404
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Living at Home Waiver Program-support services to live home	410-987-1048
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Maryland Access Point-Information and resources	301-783-1752
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MD Department of Disabilities-Information and resources	800-637-4113
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Potomac Center (Romney) Adult and Children	304-822-3861
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Ray of Hope-Residential and day services	301-722-4560
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Resources for Independence-Advocacy	301-784-1774
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Special Olympics-Athletic training, competition	301-689-5590
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Spectrum Support Services-Vocational, family support	301-724-1690
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Unified Community Connections -Residential and day services	301-729-4295
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Senior Care Resources

Adult Evaluation Review Services	301-759-5210
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Group Senior Assisted Housing Subsidy	301-783-1709
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Long-term Care Ombudsman	301-783-1771
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Medicaid Waiver for Older Adults	301-783-1706
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Project HOME	301-784-7000
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Respite for Family Caregivers	301-759-5210
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Senior Care/Personal Care Program	301-759-5210
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Social Services to Adults	301-784-7183
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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
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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
Other	
Bay Runner Shuttle (trips to Baltimore)	301-898-2571

Urgent Care

Frostburg Medical Center (WMHS)	301-689-3229
Health Matters -Cumberland, MD	301-729-3278
Hunt Club Medical Center (WMHS)	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