



# Community Resource Guide

Allegheny County, Maryland and  
surrounding area



Allegheny County Health Planning Coalition

updated March 2016



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## 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
WMHS Outpatient Behavioral Health Services	240-964-8585
WMHS Inpatient Psychiatric and Addictions Services	240-964-2200
Thomas B. Finan Center	301-777-2405
Garrett County Behavioral Health	301-334-7680

### Addictions Services

Allegany County Health Department Behavioral Health	301-759-5280 or 301-759-5050
WMHS Outpatient Behavioral Health Services	240-964-8585
Potomac Highlands Guild (hotline/walk in crisis/referrals)	800-545-HELP
New Creek	304-788-2241
Romney	304-822-3897
Petersburg	304-257-1155
Moorefield	304-538-2302

### Outpatient Treatment Facilities

WMHS Occupational Health	240-964-9355
Western Maryland Recovery Services	301-724-1144
Cumberland Treatment Center	301-687-0940
Western Maryland Pain & Rehab Center	240-362-7220
ADAC (alternative drug and alcohol counseling)	301-729-0340
Acorn Counseling Center (addictions services too)	240-362-7343

### In Patient

WMHS Inpatient Psychiatric and Addictions Services	240-964-2200
Joseph S Massie Unit, Cumberland, MD	301-777-2285
Somerset Hospital, Twin Lakes Center PA	814-443-3639
John D Good Recovery Center, WV	304-789-3142
Chestnut Ridge, WV	304-598-6400
Bob Mays Recovery Center, WV	304-623-2178
Mt Manor, Emmitsburg, MD	800-446-8833

### 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

Allegany County Health Department Behavioral Health 301-759-5050

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

### Behavioral Health Support Services/Groups

Mental Health Systems Office (case management) 301-759-5070

Allegany County Health Department Behavioral Health 301-759-5050

Maryland Public Mental Health System 800-888-1965

Hope Station 240-362-7168

Family Crisis Resource Center 301-759-9244

Archway Station 301-777-1700

Pressley Ridge 301-724-8413

Alcoholics Anonymous 301-722-6110

Narcotics Anonymous 301-722-6110

Al-Anon 301-722-6110

## Local Outpatient Behavioral Health Providers

Provider Name and Address	Phone
WMHS Behavioral Health (counseling & psychiatrists) 12502 Willowbrook Rd. Suite 380, Cumberland MD	240-964-8585
Dr. Nava 81 Baltimore St. Cumberland MD	301-777-9330
Dr. Nagulendren Cumberland, MD	301-777-9330
Allegany Behavioral Medicine, LLC (counseling & psychiatrists) 517 Oldtown Rd, Cumberland, MD	240-362-7077
Dr. Lynn	301-777-0620
Allegany County Health Dept Behavioral Health (counseling & psychiatrists) PO Box 1745 Willowbrook Rd. Cumberland, MD	301-759-5280
Zealand Psychological Assoc. 152 Bedford St. Cumberland, MD	301-722-8000
Psychological Services of WMD 925 Bishop Walsh Rd. Cumberland, MD	301-777-0451
Allegany Counseling & Consulting Services Ann Sheetz, LCPC (refers to psychiatrists for meds) 36 Greene St. Cumberland, MD	301-724-1697

## Local Outpatient Mental Health Providers

Provider Name	Address	Phone
Suanne Lewis, PhD.	Cumberland, MD	301-759-2813
Davis Dayhoff, PhD.	9 Market St., Cumberland, MD	301-759-3360
Committed to Change	Glenn St., Cumberland, MD	240-580-1919
Kevin Peterson, PhD.	9 Market St. Cumberland, MD	301-759-3360
Jim Miller, PhD. Helen Miller, LCPC	153 Baltimore St, 3 <sup>rd</sup> Floor, suite 1 Cumberland, MD	301-724-4081
Dr. Debra N. Schaaf, PhD.	Washington St. Cumberland	301-724-5544
Chapman and Associates Health Care	922 National Hwy. LaVale	240-362-7294
Covenant Counseling	907 Seton Drive Cumberland, MD	301-777-0633
Family Crisis Resource Ctr. (free to victims of domestic violence)	146 Bedford St. Cumberland, MD	301-759-9246
FSU Counseling	FSU- Braddock Rd Frostburg, MD	301-687-4234
Dept of Veteran Affairs	200 Glenn St Cumberland, MD	301-724-0061
Appalachian Behavioral Health Center	507 Henderson Ave Cumberland, MD or 90 Main St. Westernport	301-724-7277 301-359-9418
Potomac Behavioral & Occupational Therapy Steven Hartsock, PhD	249 Henderson Ave. Cumberland 72 Pershing St. Cumberland	240-362-7444 301-777-9005
<b>WASHINGTON COUNTY</b>		
Washington County Behavioral Health	24 North Walnut Street, Suite 300 Hagerstown, MD 21740	301-766-7600
Brooklane	P.O. Box 1945 Hagerstown, MD 21742	800-342-2992

## Local Outpatient Mental Health Providers

<b>GARRETT COUNTY</b>		
<b>Provider Name</b>	<b>Address</b>	<b>Phone</b>
Dr. Stewart Callis (psychiatrist)ALSO AT GCHD	317 E. Oak St. Oakland, MD	301-334-5281
Garrett Cty. MHClinic (counseling & psychiatrists)	1025 Memorial Drive Oakland, MD 21550	301-334-7680
Crosswalk to Change	Grantsville, MD	
Christian Counseling Services Dr. Seth Ramer	PO Box 82 Grantsville MD	301-895-3117
<b>WEST VIRGINIA</b>		
<b>Provider Name</b>	<b>Address</b>	<b>Phone</b>
Potomac Highlands Guild Keyser Office (counseling & psychiatrists)	PO Box 128 New Creek, WV 26743	304-788-2241 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
Potomac Highlands Guild Petersburg Office (counseling & psychiatrists)	7 Mountain Views St Petersburg, WV 26847	304-538-2302 1-800-545-4357
Potomac Highlands Guild Franklin Office (counseling & psychiatrists)	PO box 412 Franklin, WV 26807	304-358-2351 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
Mtn. State Psych Services	130 Center St., Keyser, WV 26726	304-788-1113
Eastern Psychological Services	278 N. High St. Romney, WV 26757	304-822-3429
Watermark Counseling	1 <sup>st</sup> Place on North Mill Drive Ft. Ashby, WV 26719	304-298-4082
Family Crisis Center (free to victims of domestic violence )	28 North "F" St., Keyser, WV 26726	304-788-6061

This is not a full list of all providers and providers change often so you may want to consult with your insurance company for additional providers.

## Local Outpatient Mental Health Providers

### 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 15545	814-842-3206

## Childcare and Education

### Child Care

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

### 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

Allegany County Board of Education	301-759-2000
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## 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

### Children with Special Health Care Needs

Children and Youth with Special Health Care Needs	301-759-5077
Infants and Toddlers Program (developmental delays)	301-759-5081
Service Coordination, Inc (developmental disabilities)	301-722-1470
Developmental Disabilities Administration	301-791-4670

### Child Development Screening and Therapy

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

## Clothing (For Emergency Situations)

YMCA Downtown	301-724-5445
*Monday-Thursday 9am-4pm and Friday 9am-12pm	

## Dental Services

### Dental Care

Allegany Health Right	301-777-7749
Garrett County Dental Health	301-334-7660
Hyndman Dentistry Clinic	814-842-3206
Allegany College Dental Hygiene Clinic	301-784-5250
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

Maryland Foundation of Dentistry	410-964-1944
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## Disease Specific Services

### Cancer

Breast and Cervical Cancer Screening Program	301-759-5083
Colorectal Cancer Screening Program	301-759-5121
Maryland Cancer Fund (treatment grants)	301-759-5121
WMHS Schwab Family Cancer Center	240-964-1400
American Cancer Society	1-800-ACS-2345

### Diabetes

YMCA Diabetes Prevention Program	301-777-9622 x117
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### Diabetes, Heart Failure, COPD/Respiratory, Anticoagulation & Medication Mgmt.

WMHS Center for Clinical Resources	240-964-8787
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### Multiple Sclerosis

National Multiple Sclerosis Society (MS)	443-641-1200
Transportation for MS medical appointments	800-344-4867

### HIV/AIDS

HIV/AIDS Counseling and Testing	301-759-5138
Project HOME	301-784-7111

### 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

### Wound Care

WMHS Wound Care Center	240-964-8711
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## Family Services

### Family Support Services

First Way Pregnancy Support Center	301-777-1261
Family Junction	301-777-2858
Family Crisis Resource Center	301-759-9244
Department of Social Services	301-784-7000

### Miscellaneous Family Services

Poison Control	800-222-1222
Smoke Detectors, Fire Marshall's Office	301-729-5021

## Financial

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

## 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
West Virginia Food Stamps	304-788-4150
Pennsylvania Department of Public Welfare	800-692-7462

### WIC Program

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

### Meal Services

HRDC age 60+	301-777-5970
HRDC under 60	301-783-1722
Cumberland Senior Citizen Center	301-783-1722
Frostburg Senior Citizen Center	301-689-5510
Georges Creek Senior Citizen Center	301-463-6215
Westernport Senior Citizen Center	301-359-9930

### Nutrition Programming

University of Maryland Extension	301-724-3320
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
Hope Station	240-362-7168
Lonaconing SHIP	301-463-5691
Frostburg Area Interfaith Pantry	301-687-1728
Bountiful Blessing	717-802-1222

## Food continued

**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.

**Healing Hunger Food Services**, 12504 Nave Cross Rd. NE, Cumberland  
 Wednesday & Thursday 9am-2pm and Friday 9am-5pm 301-724-4467  
 Client will need proof of income, proof of address & \$8.00 donation

**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

**LaVale United Methodist Church**, 565 National Hwy, LaVale, 301-722-6800  
 Tuesdays and Thursdays 1:30pm-3pm

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

**Union Rescue Mission of Western MD**, 16 Front St., Cumberland, MD 301-724-1585  
 Serves three hot meals a day, Open everyday  
 Food and hygiene items – ask to speak to Kevin Woods

**Second Baptist Church**, 1 Grand Ave Cumberland May use 301-722-5190  
 monthly, Need to bring ID and independence card with current address. M, W, F 930a-1230p

## Health Insurance Coverage

### Health Insurance Exchange

Maryland residents	855-642-8572
West Virginia residents	800-318-2596
Pennsylvania residents	800-318-2596

### Navigators

Allegany Health Right	301-777-7749 x101
ACHD	301-759-5098

## Health Insurance Coverage

### Medical Assistance

Allegheny County Health Department	301-759-5076
Allegheny County Department of Social Services	301-784-7000
Garrett County Health Department	301-334-7720
Garrett County Department of Social Services	301-533-3000
West Virginia Medical Assistance	304-788-4150
Pennsylvania CHIP	800-986-5437
Pennsylvania Department of Public Welfare	800-692-7462

### 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	240-964-1447
Diabetes Support Group	240-964-8789
Heart Healthy Education Classes	240-964-8677
Live Well with Kidney Disease	240-964-8600
Stroke Support Group	240-964-4766
Parish Nurse Program	240-964-8421

### Assistance Quitting Smoking

Allegheny 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

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

### Rent and Utilities Assistance

HRDC Office of Home Energy Programs	301-777-8550
DSS Energy Assistance	301-784-7000
Associated Charities	301-784-7254
Salvation Army	301-777-7600
Renter's Tax Credit Program	301-777-2108
Pennsylvania Heating Assistance	866-857-7095
West Virginia Energy Assistance	800-642-8589

### Emergency Housing

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

### Home Repair/Modification

Nails Mission Project	301-777-7134
Group Cares and HRDC	301-783-1713
Weatherization Assistance Program	301-777-8550
Camp Hope	301-689-0444

## Legal

### Protective Services

Child Protective Services	Work hours	301-784-7122
Child Protective Services	After hours	301-759-0362
Adult Protective Services		301-784-7050

## 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

The League- A Children's Place	301-759-5200
Lion's Club	
Mt. Savage	814-324-4440
LaVale	301- 729-4166
Lonaconing	301-463-5845
Oldtown	301-478-5163
Frostburg	301-687-0212
Allegany Health Right	301-777-7749
Woodmen of the World	301-777-2119

### Vision

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

### Hearing

Hear Now Program	1-800-328-8602
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

### 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
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
Ray of Hope-Residential and day services	301-722-4560
Resources for Independence-Advocacy	301-784-1774
Service Coordination -Case management, resources	301-722-1470
Special Olympics-Athletic training, competition	301-689-5590
Spectrum Support Services-Vocational, family support	301-724-1690
UC2 -Residential and day services	301-729-4295

## Senior Care Resources

Adult Evaluation Review Services	301-759-5210
Senior Care/Personal Care Program	301-759-5210
Social Services to Adults	301-784-7069
Project HOME	301-784-7069
Group Senior Assisted Housing Subsidy	301-783-1709
Medicaid Waiver for Older Adults	301-783-1706
Long-term Care Ombudsman	301-783-1771
Respite for Family Caregivers	301-759-5210

## 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

## 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

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

Comfort Keepers 240-362-7074

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

### 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
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Evans Assisted Living	631 Braddock Ave. LaVale, MD 21502	240-522-0384
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Frostburg Village	100 Village Parkway Frostburg, MD 21532	301-689-7480
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Kensington-Algonquin	1 Baltimore Street Cumberland, MD 21502	301-777-8800
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New Hope Assisted Living	11609 Bierman Drive Cumberland, MD 21502	301-759-1471
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Sincerely Yours <small>* Accepts Group Senior Assisted Housing</small>	15900 Williams Road Cumberland, MD 21502	301-724-9131
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Golden Living Community (Chateau)	506 White Ave. Cumberland, MD 21502	301-722-5535
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## 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
Failinger's Hotel Gunter 11 W. Main Street, Frostburg, MD	301-689-6511
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
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	301-777-5941
730 Furnace Street	FAX 301-777-2300
Cumberland, MD 21502	

Golden Living Center	301-724-6066
512 Winifred Road	FAX 301-724-6319
Cumberland, MD 21502	

Oakland Nursing & Rehab	301-334-2333
706 E. Alder Street	FAX 301-334-3345
Oakland, MD	

Dennett Road Manor	301-334-8700
1113 Mary Drive	FAX 301-334-8347
Oakland, MD 21550	

Devlin Manor Nursing Home	301-724-1400
10301 Christie Road, N.E.	FAX 301-724-1784
Cumberland, MD 21502	

Egle Nursing Home	301-463-5451
57 Jackson Street	FAX 301-463-5456
Lonaconing, MD 21539	

Frostburg Village Nursing Home	301-689-7504
1 Kaylor Circle	FAX 301-689-3586
Frostburg, MD 21532	

Goodwill Mennonite Home, Inc.	301-895-5194
891 Dorsey Hotel Road	ext. 204
Grantsville, MD 21536	FAX 301-895-3957

Lions Center for Rehabilitation & Ext. Care	301-722-6272
901 Seton Drive, Ext.	FAX 301-722-0754
Cumberland, MD 21502	

Moran Manor Nursing Home	301-359-3000
25701 Shady Lane, S.W.	FAX 301-359-0121
Westernport, MD 21562	

WMHS Frostburg Nursing & Rehabilitation Center	
48 Tarn Terrace	301-689-1391
Frostburg, MD 21532	FAX 301-689-6251

## Transportation

### Transportation Information and Resources

HRDC Mobility Manager Monday -Friday 10:00am to 2:00pm 301-783-1725  
Allow 72 hours to set up transportation.

### Public Transportation

Allegany County Transit 301-722-6360

### Transportation for Medical Assistance Clients

Med Trans 301-759-5123

### Transportation for Disabled and Elderly Clients

All Trans 301-724-1255

### 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)- Ridgeley, WV 304-726-4501

MedExpress- LaVale, MD 301-729-0589

## 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