



Community Resource Guide

Allegheny County, Maryland and
surrounding area

May 31, 2015



Allegheny County Health Planning Coalition

Table of Contents	Page
Behavioral Health (Mental Health and Addictions)	1
More Outpatient Mental Health Providers	3
Childcare and Education	6
Children's Health	6
Clothing	6
Dental Services	6
Disease Specific Services (Cancer, Diabetes, MS, HIV, Alzheimer's)	7
Family Services	7
Financial	7
Food and Nutrition	8
Health Insurance	9
Health & Wellness (Education and Support Groups)	10
Housing and Utilities	11
Legal	12
Medical Equipment, Hearing, & Vision	12
Physical Therapy Agencies	13
Prescription Assistance	14
Services for Individuals with Disabilities	14
Senior Services - Senior Care Resources & 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

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 12503 Willowbrook Road Cumberland	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	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
---	--------------

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

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

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 301-689-8489

Education

Allegany County Board of Education 301-759-2000
Family Support Services - Special Education Network 301-689-2407

Local Outpatient Mental Health Providers

Provider Name	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
Villa Maria (counseling & psychiatrists)	517 Oldtown Rd. Cumberland, MD	301-777-8685
Dr. Lynn	134 Baltimore St. Cumberland, MD	301-777-0620
Dr. Helz	546 N. Center St. Cumberland, MD	301-724-0225
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	36 Greene St Cumberland, MD (refers to local psychiatrists for meds)	301-724-1697
Michael Motter, PhD. Suanne Lewis, PhD.	Cumberland, MD	301-759-2813
Davis Dayhoff, PhD.	31 Baltimore St., Cumberland, MD	301-759-3360
Committed to Change	Glenn St., Cumberland, MD	240-580-1919
Kevin Peterson, PhD.	31 Baltimore St. Cumberland, MD	301-759-3360
Jim Miller, PhD. Helen Miller, LCPC	153 Baltimore St, 3 rd Floor, suite 1 Cumberland, MD	301-724-4081
Dr. Debra N. Schaaf, PhD.	Washington St. Cumberland	301-724-5544
Chapman and Associates Health Care	200 Glenn Street Suite 201 Cumberland	240-362-7294

Local Outpatient Mental Health Providers

Provider Name	Address	Phone
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
Positive Progression	208 N Centre St Cumberland, MD	240-362-7723
Dept of Veteran Affairs	200 Glenn St Cumberland, MD	301-724-0061
Appalachian Behavioral Health Center	507 Henderson Ave Cumberland, MD	301-724-7277
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
GARRETT COUNTY		
Provider Name	Address	Phone
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
WEST VIRGINIA		
Provider Name	Address	Phone
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

Local Outpatient Mental Health Providers

Provider Name	Address	Phone
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 st 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
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

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.

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
-----------------------------------	--------------

Extractions for Adults

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

Donated Dental Care for Individuals with Disabilities

Maryland Foundation of Dentistry	410-964-1944
----------------------------------	--------------

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, Heart Failure, COPD/Respiratory, Anticoagulation & Medication Mgmt.

WMHS Center for Clinical Resources	240-964-8787
------------------------------------	--------------

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
------------------------	--------------

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,
 Tuesdays and Thursdays 1:30pm-3pm 301-722-6800

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

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

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
 HRDC 301-783-1745

Assisters

HRDC 301-783-1745
 ACHD 301-759-5098

Health Insurance Coverage

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
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
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
Weight Management Support Group	240-964-8418
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

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

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
-------------------------------------	--------------

Senior Guardianship

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

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

Allegany Physical Therapy Agency
924 Bishop Walsh Road
Cumberland, MD 21502
301-777-0797

Allegany Physical Therapy Agency
10601 New Georges Creek Road. S.W.
Frostburg, MD 21532
301-689-9377

Garrett Rehab Services
6500 Thayer Center
Oakland, MD 21550
301-334-1863

GO Physical Therapy
13141 Garrett Hwy.
Oakland, MD 21550
301-334-5220

Hamilton Physical Therapy
739 N. Main Street
Moorefield, WV 26836
304-538-7971

Hand Institute
217 Glenn Street, Suite 301
Cumberland, MD 21502
301-777-2170

MRS Physical Therapy
300 Beachley Street
Meyersdale, PA 15552
814-634-5373

Progressive Physical Therapy
11801 Industrial Park Street
Cumberland, MD 21502
301-729-3485

Progressive Physical Therapy
Route 3, Box 3266
Keyser, WV 26726
304-788-7816 or 301-723-4240

Progressive Physical Therapy
447 W. Main Street
Romney, WV 26757
304-822-6024

PVH Physical Therapy
S. Mineral Street
Keyser, WV 26726
304-788-3141

Rehab First
157 Baltimore Street
Cumberland, MD 21502
301-722-3680

Rehab First
225 East Main Street
Frostburg, MD
301-689-5233

Rehab Solutions
21907 Westernport Road
McCoole, MD 21562
301-786-4171

Western Maryland Health System
12500 Willowbrook Road
Cumberland, MD 21502
240-964-1800

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
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)

Adult Care Services	301-678-6777
BMA Health Care Services	240-580-1550
Comfort Keepers	240-362-7074
Mountaintop Nursing	240-580-6882
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
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 <small>* Accepts Group Senior Assisted Housing</small>	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
Failingers 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