



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 2017

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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

In Patient

WMHS Inpatient Psychiatric and Addictions Services	240-964-2200
Joseph S Massie Unit, Cumberland, MD	301-777-2285
Lois E. Jackson Unit (adolescent/IP addictions program)	301-777-2290
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 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	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 Wellness Center	507 Henderson Ave Cumberland, MD or 90 Main St. Westernport	301-724-7277 301-359-9418
Potomac Behavioral & Occupational Therapy	249 Henderson Ave. Cumberland	240-362-7444
Steven Hartsock, PhD	72 Pershing St. Cumberland	301-777-9005
WASHINGTON COUNTY		
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

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
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
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

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	301-777-2091
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

Allegheny 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 Children's League	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	
St. Mary's Clothing Room 3000 Oldtown Rd. Cumberland MD	301-777-2659
Wednesdays 9-11am (mostly infant and young children)	
Cumberland Community Church 12900 Bedford Rd	301-777-8839
Cumberland 2nd Saturday of month 9-11am Clothing	

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 and Skin 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
Mom's Meals	866-204-6111
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
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
Hope Station	240-362-7168
Lonaconing SHIP (2nd Saturday of month \$12 then \$6)	301-689-2554
Healing Hunger (referrals from social services only)	301-724-4467
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.

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 1:00pm-2:30pm 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 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

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

Mt. Savage Pantry 4th Wednesday of month 11am
 Bruce Outreach Center 380 Philos Ave Westernport, MD
 2nd Friday of month 8:30am 301-359-9706

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

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

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

Health Insurance Coverage

Health Insurance Exchange
 Western Maryland Health Insurance Connector 888-202-0212
 Allegany County 301-723-7093
 Garrett County 301-501-5700
 Washington County 301-302-0052
 West Virginia residents 800-318-2596
 Pennsylvania residents 800-318-2596

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

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	240-964-1400
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
Faith Community 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	301-722-6958
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
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
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
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 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

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