



## SENIOR RESOURCES

**Prince George's County Department of Social Services:** For general assistance navigating senior services.

Shirley Jacobs: [tonya.fulwood@md.gov](mailto:tonya.fulwood@md.gov) or (301) 909-2085.

**Maryland Senior Call Check:** Lines are open from Monday to Friday, 8 am-5 pm and Saturday 9 am-3 pm.

Seniors 65+ can register by calling (866)502-0560 or visit: <https://aging.maryland.gov/Pages/senior-call-check.aspx>

**Accessibility Tax Credit:** Prince George's County offers a property tax credit of up to \$2,500 for the installation of accessibility features on owner's residence. Linda Allen, [LVAllen@co.pg.md.us](mailto:LVAllen@co.pg.md.us) or (301) 952-5356.

**Adult Protective Service:** Responsible for preventing neglect, self-neglect, abuse, and exploitation of vulnerable adults, ages 18+. (301) 909-2450 to report abuse or neglect; (301) 699- 8605 after business hours.

**In-Home Aide Services:** Provides assistance with activities of daily living for adults, elderly, or children with disabilities. Services offered on a sliding scale. (301) 909-2450.

**The Office of Home Energy Programs:** 425 Brightseat Road, Landover, MD 20785, [pgcdss.energy@maryland.gov](mailto:pgcdss.energy@maryland.gov) or (301) 909-6300.

**Prince George's County Aging and Disabilities Services Family Caregiving Program:** Help with problem solving, education, respite care, support groups for caregivers. (301) 265-8450

**Money Follows the Person:** Help for individuals transitioning from nursing homes or assisted living facilities. (301) 265- 8450

**Ombudsman (Advocate) Program:** Investigates and resolves problems affecting the rights, safety, care, welfare of nursing home and assisted living residents. (301) 265- 8450

**The Accessible Homes for Seniors Program:** Call (800)-638-7781

**The Prince George's Senior Provider Network:** Provides an online and print resource directory and other programs and resources. <https://pgspn.org>

**PGC 311:** Report potholes, abandoned vehicles, blight, arrange bulk trash pick up or request other County services by dialing 311 from Monday – Friday, from 7am – 7pm or online 24/7 at: [countyclick.princegeorgescountymd.gov](http://countyclick.princegeorgescountymd.gov) or call (301) 883-4748.

**DoE On Premise Trash/Recycling Pick-up for Seniors/Disabled Individuals:** Trash/Recycling may be picked up at the back door rather than curb under certain circumstances Call (301) 952-7630

**Seasoned Adults Growing Educationally (SAGE):** \$40 per course, for seniors at Prince George’s Community College. (301) 546-7422 or <https://www.pgcc.edu/sage/>

**UMD Golden ID:** Free tuition (w/per semester fee) for seniors at University of Maryland, College Park. For additional information, visit [www.registrar.umd.edu](http://www.registrar.umd.edu) or call (301) 314-8377.

**Services 24/7 Virtual Resource Center:** Listing of social services and volunteer opportunities. Visit [www.services247.umd.edu](http://www.services247.umd.edu)

**M- NCPPC Department of Parks & Recreation, Prince George’s County:** Provides a variety of Health and Wellness programs: fitness classes, social activities, seminars, and health screenings. To find a Senior Activity Center near you or if you need a Free Senior ID card, email [Seniors@pgparks.com](mailto:Seniors@pgparks.com) or call (301) 699-2544.

**Berwyn Heights Sr. Club:** Ray Smith (301) 474-3482. **Helping Hands University Park:** Linda Verrill (301) 892-6636

**Meals on Wheels of College Park:** Senior meal deliveries, call (301)927-2700 or visit [www.mealsonwheelsofcollegepark.org](http://www.mealsonwheelsofcollegepark.org)

**Prince George’s County Senior Nutrition Program:** Provides nutritious meals every weekday to seniors for

**WMATA—Senior SmarTrip:** Seniors 65+ can use a discounted yellow fare card.

<https://wmata.com/fares/reduced> **Call-A-Cab:** Seniors 60+ can purchase discounted coupon books to pay for cab rides. (301) 883-5656.



**Alert Prince George’s:** Register at [alert.mypgc.us](http://alert.mypgc.us) to have emergency alerts sent via email or text message.

Contact our District 3 team!

Phone: 301-952-3060 Email: [CouncilDistrict3@co.pg.md.us](mailto:CouncilDistrict3@co.pg.md.us)

Web: [pgccouncil.us/district3](http://pgccouncil.us/district3)

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