

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Health and Wellness

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Alzheimer's Association

National Capital Area Chapter Headquarters

8180 Greensboro Drive, Suite 400

McLean, VA 22102

703-359-4440 (V)

1-800-272-3900 (24-Hour Helpline)

E-mail: info@alz.org

www.alz.org/nca

Alzheimer's information, diagnosis, medications, current research, support groups, community education, and community resources such as respite care, adult day care, home health care, and hospice care. Service Calvert, Charles, Montgomery, Prince George's, and St. Mary's Counties.

BrightFocus Foundation –

Alzheimer's Disease Research

1-800-437-2423 (Toll Free)

E-mail: info@brightfocus.org

www.brightfocus.org/alzheimers

Provide information, research updates, treatment options, question and answer sections, and patient resources.

American Association on Health and Disability

110 N. Washington Street, Suite 328-J

Rockville, MD 20850

301-545-6140 (V)

E-mail: contact@aahd.us

www.aahd.us

Research, education and advocacy organization that contributes to national, state, and local efforts to prevent additional health complications in people with disabilities, and identify effective intervention strategies to reduce the incidence of secondary conditions and the health disparities between people with disabilities and the general population. Promote health and wellness for people with disabilities.

American Diabetes Association

Attn: Center for Information

1701 North Beauregard Street

Alexandria, VA 22311

1-800-342-2383 (Toll Free)

E-mail: AskADA@diabetes.org

www.diabetes.org

Provide information on nutrition, fitness, lifestyle and prevention, community programs and local events, and fund research to prevent, cure and manage diabetes. Online live chat feature.

American Lung Association in Maryland

211 East Lombard Street, #260

Baltimore, MD 21202

202-747-5541 (V)

1-800-586-4872 (Lung Helpline)

E-mail: lungmd@lunginfo.org

www.lung.org

Educational programs cover a range of topics, from general information about clean air and healthy lungs to information about specific diseases. Offer programs for adult and teen smokers who want to beat the addiction. Online live chat feature.

Arthritis Foundation – Mid-Atlantic Region

Metropolitan Washington Chapter

451 Hungerford Drive, Suite 708

Rockville, MD 20850

202-787-5333 (V)

1-800-365-3811 x 4233 (Toll Free)

www.arthritis.org

Disease center, drug information, research summaries, advocacy, and events and programs.

Asian American Health Initiative

Montgomery County Public Health Services

1401 Rockville Pike, 3rd Floor

Rockville, MD 20852

240-777-4517 (V)

E-mail: info@aahiinfo.org

www.aahiinfo.org

Conduct in-depth data collection, analysis, and reporting of the health status among the different ethnic groups in the Asian American community; expand and improve the existing health services available to Asian Americans; ensure the availability of quality health care directed to the specific needs of the different ethnic groups in the community; provide outreach programs to inform and educate different ethnic groups about the accessibility and the availability of health care services; and remove barriers preventing all ethnic groups in the Asian American community from receiving a fair share of health services.

**Asthma and Allergy Foundation of America
Maryland-Greater DC Chapter**

1498 Reisterstown Road, Suite 324
Baltimore, MD 21208
410-484-2054 (V)
E-mail: info@aafa-md.org
www.aafa-md.org

Offer educational programs and tools for patients, caregivers and health professionals. Health fairs and workshops, support groups, and free asthma screenings for people with breathing problems.

Center for Disease Control and Prevention

1-800-232-4636 (V)
1-888-232-6348 (TTY)
E-mail: cdcinfo@cdc.gov
www.cdc.gov

Health promotion, information on prevention of disease, injury and disability, and preparedness for new health threats.

DeafHealth.org

www.deafhealth.org

Provide health education videos for the deaf and hard of hearing in their preferred language. Also maintain a database of deaf-friendly doctors.

**Office of Health Care Quality - Maryland
Department of Health**

Spring Grove Hospital Center
Bland Bryant Building
55 Wade Avenue
Catonsville, MD 21228
410-402-8000 (V)
1-877-402-8218 (Toll Free)
<https://health.maryland.gov/ohcq/pages/home.aspx>

License and certify Maryland state health care facilities, and monitors their quality of care. Call to make a complaint about a health care facility or community-based treatment program.

**Office of Women's Health - U.S. Department of
Health and Human Services**

200 Independence Avenue, SW
Washington, DC 20201
1-800-994-9662 (Toll Free)
www.womenshealth.gov/owh

Website offers information on disabilities, laws, statistics, access to health care, financial assistance, abuse, parenting, sexuality, and links to advocacy groups in the private sector.

Planned Parenthood - Gaithersburg Center

19650 Clubhouse Road #104
Gaithersburg, MD 20879
301-208-1300 (V)
www.plannedparenthood.org

Provide health care services, cancer screenings, pelvic exams, pregnancy testing and services, sex education, and sexual health information. Accept many insurance plans. Affordable care options may be available for those with no insurance.

Rockville Women's Center

12520 Parklawn Drive, Suite 170
Rockville, MD 20852
240-779-1585 (Call or Text 24/7)
<http://rockvillewomenscenter.com>

Licensed medical clinic and pregnancy counseling organization. All services are free of charge.

**Women's Cancer Control Program – Montgomery
County Department of Health & Human Services**

1401 Rockville Pike
Rockville, MD 20852
240-777-1750 (V)

Eligible low income, uninsured Montgomery County women can access free breast and cervical cancer screenings. These screenings include a yearly clinical breast exam and a free mammogram, and a cervical cancer screening exam including a pelvic exam and Pap test. Diagnosis, nursing case management and follow up care is provided as needed. The program helps link women to other community and state resources and provides cancer outreach and education. Women must be between 40 and 64 years of age.

YMCA's Diabetes Prevention Program (YDPP)

Heather Wilson, Assoc. Director of Community Health
202-459-4255 (V)
E-mail: heather.wilson@ymcadc.org

www.ymcadc.org

Participants in the YMCA's Diabetes Prevention Program meet in a classroom setting as a group with a trained YMCA lifestyle coach for 16 weekly core sessions. During the sessions, they learn how to make healthier food choices, how to incorporate more physical activity into their daily routine and how to manage a healthy weight. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.