

# 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](mailto: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](mailto:info@alz.org)

[www.alz.org/nca](http://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.

### **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](mailto:contact@aahd.us)

[www.aahd.us](http://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](mailto:AskADA@diabetes.org)

[www.diabetes.org](http://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](mailto:lungmd@lunginfo.org)

[www.lung.org](http://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](http://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, 3<sup>rd</sup> Floor  
Rockville, MD 20852

240-777-4517 (V)

E-mail: [info@aahiinfo.org](mailto:info@aahiinfo.org)

[www.aahiinfo.org](http://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](mailto:info@aafa-md.org)

[www.aafa-md.org](http://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.

### **BrightFocus Foundation –**

#### **Alzheimer’s Disease Research**

1-800-437-2423 (Toll Free)

E-mail: [info@brightfocus.org](mailto:info@brightfocus.org)

[www.brightfocus.org/alzheimers](http://www.brightfocus.org/alzheimers)

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

### **Center for Disease Control and Prevention**

1-800-232-4636 (V)

1-888-232-6348 (TTY)

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

[www.cdc.gov](http://www.cdc.gov)

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

### **DeafHealth.org**

[www.deafhealth.org](http://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](http://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](http://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](mailto:heather.wilson@ymcadc.org)

[www.ymcadc.org](http://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.