

# 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)

#### **Montgomery County Community Office**

9711 Washingtonian Boulevard, Suite 550  
Gaithersburg, MD 20878  
240-428-1342 (V)

Hours vary. Before visiting, please call to confirm staff will be at the office.

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 in Maryland.

### **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**

2451 Crystal Drive, Suite 900  
Arlington, VA 22202  
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  
302-565-2073 (V)  
1-800-586-4872 (Lung Helpline)  
E-mail: [Dina.Gordon@lung.org](mailto:Dina.Gordon@lung.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 503  
Rockville, MD 20850  
301-357-8672 (V)  
[www.arthritis.org/metropolitan-washington](http://www.arthritis.org/metropolitan-washington)

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**

8201 Corporate Drive, Suite 1000  
Landover, MD 20785  
1-800-727-8462 (Toll Free)  
410-484-2054 (V)

[www.aafa.org](http://www.aafa.org)

**Hours:** 10:00 a.m. to 3:00 p.m., Monday through Friday. 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)

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

Health promotion, information on prevention of disease, injury and disability, and preparedness for new health threats. CDC does not see patients and is unable to diagnose your illness, provide treatment, prescribe medication, or refer you to specialists.

### **DeafHealth.org**

[www.deafhealth.org](http://www.deafhealth.org)

Provide clear and concise health education in American Sign Language to promote the overall wellness of the Deaf & Hard of Hearing community. Maintain a database of deaf-friendly doctors.

### **Office of Health Care Quality**

**Maryland Department of Health**  
7120 Samuel Morse Drive, 2<sup>nd</sup> Floor  
Columbia, MD 21046  
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)

**Hours:** 9:00 a.m. to 6:00 p.m., Monday through Friday. 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)

[www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSBreastCancerScreening-p297.html](http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSBreastCancerScreening-p297.html)

Provides free mammograms, clinical breast exams, and pelvic exam/pap tests to low income uninsured women 40 to 64 years old who are Montgomery County residents. The program is for low income families who are uninsured. Proof of residence in Montgomery County and proof of income is requested. The resident needs to have lived in the County for at least 6 months to be eligible. Application review and approval process takes two weeks, provided that all documentation is approved.

### **YMCA of Metropolitan Washington Diabetes Prevention Program (YDPP)**

1112 16<sup>th</sup> Street, NW  
Washington, DC 20036  
301-585-2120 (V)

E-mail: [dpp.ymca@ymcadc.org](mailto:dpp.ymca@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.