

Member Directory

Name	Address	City	State	Zip	Phone	Email
270net	411 aviation way	Frederick		21701	3016636000	Andy.smith@270net.com
A Place For Mom	4 Ashfiled Ct	Littlestown		17340	877.311.0902	kcr@aplaceformom.com
AAA Warman Home Care	604 South Frederick Ave St. 300	Gaithersburg		20877	301.428.2940	hjoyce@warmanhomecare.com
Ability Prosthetics & Orthotics, Inc.	73 Thomas Johnson Drive, Suite B	Frederick		21702	301.698.4692	jeff.brandt@abilitypo.com
Academy Mortgage	8826 River Oaks Terrace	Frederick		21704	301.846.0250	dmackay@revmortgages.com
Aetna Insurance						kochk@aetna.com
Alzheimers Association	108 Byte Drive # 103	Frederick		21702	301.696.0315	kristen.weddle@alz.org
Amber Hill PT	187 Thomas Johnson Drive #6	Frederick		21702	301.663.1157	rnovak@amberhillpt.com
American Diabetes Association	2002 Clipper Park Road	Baltimore		21211	(410) 265-0075	mtracy@diabetes.org
American Red Cross	2 East Frederick St. P.O. Box 186	Walkersville		21793	301.662.5131	jpgerson@frederickredcross.org
Bankers Life	1101 Opal Ct, Ste 301	Hagerstown		21740	240.285.3693	brian.ferguson@bankerslife.com
Braxton Insurance Agency - Independant Insurance agency	3901 Braveheart Circle	Frederick		21704	1-888-968-2220	brianbraxton@gmail.com
Broadmore Senior Living Hagerstown	1175 Professional Court	Hagerstown		21740	301-766-0066	info@broadmore-hagerstown.com
Buckingham's Choice	3200 Baker Circle	Adamstown		21710	301.874.5630	rippeonp@emaseniorcare.org
CALM	723 North Market Street	Frederick		21701	301.631.2256	mpalmis225@aol.com
Caring Transitions of Frederick, Carroll and Howard Counties	1390 Florence Road	Mount Airy		21771	301-829-3460	DBinney@CaringTransitions.net
Carroll Home Care	292 Stoner Avenue	Westminster		21157	410-871/7238	amorrow@carrollhospitalcenter.org
Carroll Hospice	292 Stoner Avenue	Westminster		21157	410-871-7238	amorrow@carrollhospitalcenter.org
Centrum MgMt Mill Crossing	807 Eden Court	Frederick		21701	301.466.3583	leonardp@firstcentrum.com
Chiropractor						higherpowered2@juno.com
Citizens Care & Rehabilitation Center	1900 Rosemont Ave	Frederick		21702	301.600.1550	mmweaver@fredco-md.net

College View Center	700 Toll House Ave	Frederick	21701	301.663.5181	sandy.vorlaufer@genesishcc.com
Community Home Health	3401 Urbana Pike 2nd floor N	Frederick	21704	301-874-1911	mmthomas@msa-corp.com
Community Home Health of Maryland Inc.	3401 Urbana Pike, 2nd Floor N	Frederick	21704	800-282-8104	bgoodman@msa-corp.com
Community Home Health of MD	10999 Red Run Blvd, Suite 100	Owings Mills	21117	410.356.1600	bgoodman@msa-corp.com
Costco	10 E. Walser Drive	Frederick	21704	301.644.1483	w330mkt01@costco.com
Country Meadows	5955 Quinn Orchard Road	Frederick	21704	301.228.2249	DSavageau@countrymeadows.com
Creekside at Tasker's Chance	100 Burgess Hill Way	Frederick	21702	301.698.1486	creekside@firstcentrum.com
Crestwood Village	6902 Arbor Drive	Frederick	21703	301-662-0400	marge.amren@verizon.net
Daybreak Adult Day	7819 Rocky Springs Road	Frederick	21702	301.696.0808	daybreaksocialworker@comcast.net
Debra Leavy Eldercare Assoc.	11120 New Hampshire Ave., Suite 505	Silver Spring	20904	301-593-5285	jsherwood@care-manager.com
Department of Aging	1440 Taney Ave.	Frederick	21702	301-600-1605	mcollins@fredco-md.net
Department on Aging	1440 Taney Ave	Frederick	21702	301.600.1605	ejenkins@frederickcountymd.gov
Devotion	8531 Inspiration Ave	Walkersville	21793	240.476.4729	devotioncare@yahoo.com
Easter Seals Adult Day Services	101 E. baltimore Street	Hagerstown	21740	301.745.3828	tcreager@eseal.org
Edenton & Edenton Home Care Services	5800 Genesis Lane	Frederick	21703	301-694-3100	cogden@edenton-retirement.com
Edenton Retirement Community	5800 Genesis Lane	Frederick	21703	301.694.3100	cogden@edenton-retirement.com
Edward Jones	241 E. 4th street, 204	Frederick	21701	301-624-2450	lisa.kukovich@edwardjones.com
Estate Planning Associates	164 W. Main St. Suite C	New Market	21774	301.730.6800	chabicht@trustepa.com
Fahrney-Keedy	8507 Mapleville Road	Boonsboro	21713	301.733.6284	ncatts@fkmh.org
Family CareCoach	750 Carroll Parkway, Suite 2B	Frederick	21701	844-420-4400	contact@familycarecoach.com
FCC				301.846.2557	khelfrich@frederick.edu
Federal Charities	22 South Market Street #1	Frederick	21701	301.662.1561	fedcharities@aol.com

First Care Nursing Services	617 Hedgerow Court	Frederick		21703	888.720.9960	ethan@fcnursinginc.com
FMH Home Health Services & Medical Equipment & Supplies	605 East Church Street #2	Frederick		21701	240.566.3529	jkinney@fmh.org
FMH Home Health Services, Home Medical Equipment & Supplies	605 East Church Street #2	Frederick		21701	240-566-3568	hbrown@fmh.org
FMH Select!	5500 Buckeystown Pike	Frederick		21703	240.379.6031	cverdi@fmh.org
Frederick Co Commission on Aging						haehart@earthlink.net
Frederick Co. Commission on Disabilities	12 East Church Street	Frederick		21701	301.600.1663	mschumeyer@fredco-md.net
Frederick Community College - ILR	7932 Opossumtown Pike	Frederick		21702	301.624.2732	SAdams@frederick.edu
Frederick County Department of Aging	1440 Taney Ave	Frederick		21702	301.600.1605	kdevilbiss@frederickcountymd.gov
Frederick County Division of Fire and Rescue Services	5370 Public Safety Place	Frederick		21701	301-600-1308	tbailey@frederickcountymd.gov
Frederick County Mental Health Association	263 West Patrick Street	Frederick		21701	301.633.0011	lmyers@fcmha.org
Frederick Keys Baseball	21 Stadium Drive	Frederick		21703	301-815-9905	amoore@frederickkeys.com
Frederick Medical Daycare Center	916 North East Street	Frederick		21701	301.293.6055	cbundick@wchdc.org
Frederick Medical Supplies	4987 Winchester Blvd. Suite 3	Frederick		21703	301-874-5340	lmyrick@laurelmedpa.com
Frederick Memorial Hospital	400 West Seventh Street	Frederick		21701	240.256.3546	jdinterman@fmh.org
Frederick Memorial Hospital	400 West Seventh Street	Frederick		21701	240.566.3546	rbaker@fmh.org
Frederick Memorial Hospital - Home Health	400 West Seventh Street	Frederick		21701	240.566.6000	rttapoe@fmh.org
Frederick Police Dept	110 Airport Drive East	Frederick		21701	301.600.2167	tjohann@fredco-md.net
Frederick Visiting Angels					cell 240-315-4093	janicedeuliis@comcast.net
Friendship GCM	8512 B Yellow Springs Road	Frederick		21702	301.639.7451	friendshipgcm@hotmail.com

Gettysburg Lutheran Retirement Village	1075 Old Harrisburg Rd.	Gettysburg	17325	717-334-6204	jkeefe@lutheranscp.org
Gifted Hands In-Home Care & Transportation Agency	P.O. Box 502	Frederick	21705	(301) 536-7715	dmyers@giftedhandscare.com
Glade Valley Nursing & Rehab	56 West Frederick Street	Walkersville	21793	301.898.4300	cmattera@adventisthealthcare.com
Glade Valley Nursing & Rehab	56 West Frederick Street	Walkersville	21793	301.898.4311	latkinso@adventisthealthcare.com
Glorious Care, LLP	6333 Knollwood Drive	Frederick	21701	240.344.5621	antonfbastian@yahoo.com
Golden Living	30 North Place	Frederick	21701	301-695-6618	mindy.davis@goldenliving.com
Graceful Transitions	P.O. Box 508	Frederick	21705	301.514.4933	donna.eichelberger@gmail.com
Guardian In-Home Services	1101 Opal Court, Ste 105	Hagerstown	21740	888.482.7319	candace@guardianinhomeservices.com
Guide to Retirement Living SourceBook	1919 Gallows Road, Suite 200	Vienna	22182	410-581-6873	barbara@proaging.com
Handyman Senior Care	174 Thomas Johnson Dr. #201B	Frederick	21702	301.846.4620	
Heartfields of Frederick	1820 Latham Drive	Frederick	21701	301.663.8800	krhinehart@5sqc.com
Helping Hands Home Care, Inc.	304 Delaware Road	Frederick	21701	301.662.1618	helpinghands.homecare@comcast.net
HFAM	7135 Minstrel Way #104	Columbia	21045	410-290-5132	pstehle@hfam.org
Home Instead	174 Thomas Johnson Dr. #201	Frederick	21702	301.846.9922	patricia.hughes@homeinstead.com
Home Management Services	3745 Maple Crest Drive	Knoxville	21758	301.834.7065	dwendellsmith@verizon.net
HomeCall	1446 W. Patrick St. #16	Frederick	21702	240.215.4668	tywana.tawney@lhgroup.com
HomeCare Rehab	626 Trail Ave	Frederick	21701	301.662.1997	suepaul@homecarerehab.com
Homewood at Crumland Farms	7407 Willow Road	Frederick	21702	301.644.5600	sweisel@hmwd.org
Homewood at Crumland Farms	7407 Willow Road	Frederick	21702	301-644-5600	ccwright@hmwd.org
Hood College	401 Rosemont Ave.	Frederick	21701	301.696.3590	smithsk@hood.edu
Hospice of Frederick County	516 Trail Ave Suite C, PO Box 1799	Frederick	21702	240.566.3030	acasterlin@fmh.org
Hospice of Frederick County	516 Trail Avenue	Frederick	21702	240-566-3030	kfreeman@fmh.org

In & Out of the Box	401 West Patrick Street	Frederick	21701	301.662.4782	ipi8@netzero.net
Inspired Relocations				301.694.9060	
Jeffrey W. Cross, D.D.S., P.A.	604 Solarex Court, Suite 200	Frederick	21703	301-662-0300	dr.cross@verizon.net
JK Moving	7561 Lindbergh Drive	Gaithersburg	20879	301.529.7417	matt.plumer@jkmoving.com
Keeney & Basford P. A. Funeral Home	106 East Church Street	Frederick	21701	301.662.2175	keith@keeneybasford.com
Kindred Nutrition	256 W. Patrick Street, Suite C	Frederick	21701	301-580-0008	kindrednutrition@gmail.com
Law Offices of Michael G. Day and Associates, P. C.	30 West Patrick Street, Suite 100	Frederick	21701	301-228-2960	alan@mikedaylaw.com
Law Offices of Scott Alan Morrison	141 West Patrick Street #300	Frederick	21701	301.694.6262	chris@samlawoffice.com
Life Care Advisors	3565 Ellicott Mills Drive, Suite C2	Ellicott City	21043	443.420.4096	lblosser@lifecarelegal.com
LifeCare Advisors	3565 Ellicott Mills Drive, Suite C-2	Ellicott City	21043-4549	877-534-3175	larry@lifecarelegal.com
Local Ad Link				443-602-5256	michellemorris@yahoo.com
Long & Foster Real Estate	1700 Kingfisher Drive, Suite 6	Frederick	21701	240.629.3700	margaret.cisar@longandfoster.com
Long and Foster	5301 Buckeystown Pike	Frederick	21704	240-674-2517	lgrabe@aol.com
Lorien - Mt. Airy	713 Midway Ave	Mt. Airy	21771	301.829.6050	pwilhelm@lorienhealth.com
Lutheran Home	1050 Pennsylvania Ave.	York	17404	717.854.3971	
M & T Bank	195 Thomas Johnson Drive	Frederick	21702	301.765.3325	bhillard@mtb.com
M. V. Pelletier, Inc.	1719 Castle Rock Rod	Frederick	21701	301.620.0715	MVPell@comcast.net
Maryland Relay	301 W. Preston Street, #1008A	baltimore	21201	410.767.6962	patricia.barrick@doit.state.md.us
Maxim Healthcare Services	188 Thomas Johnson Drive #102	Frederick	21702	301.631.2255	hemcdowe@maxhealth.com
McDaniel College	2 College Hill	Westminster	21157	410.848.7000	lhoffman@mcdaniel.edu
McLaughlin Family Chiropractic	8701 Antietam Rod	Walkersville	21793	301.898.8005	drmimil@verizon.net

Mediation with a Difference	507 N. Bentz Street	Frederick		21701	301.644.1395	JMIPRN@aol.com
MedOptions	901 Dulaney Valley Rd ste 129	Towson		21204	401-832-2729	henglish@medoptionsinc.com
MedOptions	901 Dulaney Valley Rd suite 129	Towson		21204	410-707-3633	bduffy@medoptionsinc.com
Medoville Inc.	110 Baughmans lane suite 106	Frederick		21702	3013782334	Saadb@medoville.com
MedStaffers	19 Brookwood Ave, Ste 103	Carlisle		17013	717.243.3485	sunny@medstaffers.net
Met Life		Frederick		21702	301.788.5139	sldraper@metlife.com
Michael Day & Associates	50 Carroll Creek Way #210	Frederick		21701	301.228.2960	bill@mikedaylaw.com
Mid-Maryland Hearing Care Center	75 Thomas Johnson Drive, Suites A&B	Frederick		21702	301.695.3100	tpastore@fmh.org
Mission Transition						lauriezook@missiontransition.net
Mobile Medic						classes@mobilemedictraining.com
Montevue Home	355 Montevue Lane	Frederick		21702	301.600.1581	dgrove@fredco-md.net
Moore Wealth Inc.	50 Carroll Creek Way #335	Frederick		21701	301.631.1207	jane@moorewealthinc.com
Mundle Home/Healthaide Svcs	100 Lavenporte Cir	Frederick		21702	301.682.6447	info@mundleshomecare.com
National Financial Legacy Group	303 International Circle #590	Hunt Valley		21030	410.527.1292	knorris254@comcast.net
National Kidney Foundation of Maryland	1500 Parkside Drive	Berkeley Springs		25411	410.533.3075	carolynkennedy9@aol.com
New York Life	6901 Rockledge Drive Suite 800	Bethesda		20817	240.409.1154	rcopenhaver@ft.newyorklife.com
Northampton Manor	200 East 16th Street	Frederick		21701	301.662.8700	vkeriakos@magnoliamgmt.com
Options for Senior America Corp.	1309 Orchard Way	Frederick		21703	301.624.5603	frederick@optionscorp.com
Partners In Care	1440 Taney Ave, c/o Department of Aging	Frederick		21702	301 600-6008	pic@frederickcountymd.gov
PharmaCare	Pharmacy Consultant	Jefferson		21755	240.529.2456	talbertconsult@yahoo.com
Potomac Case Management		Hagerstown				djohns@pcmsinc.org
Prepaid Legal Services	3067 Green Valley Road	Ijamsville		21754	301.418.2337	rlsier_ppl@yahoo.com

Professional Health Resources	10411 Motor City Drive Suite 300	Bethesda	20817	240-395-0000	lklingensmith@phri.com
q.d. Pharmacy	5711 Industry Lane #32	Frederick	21701	301.360.8120	mfritz@qdparmacy.com
Ramar Moving	28 Thomas Johnson Drive	Frederick	21702	301.694.3366	bmccauley@ramarmoving.com
Record Street Home	115 Record Street	Frederick	21701	301.663.6822	GM.RSH@comcast.net
Regional Property Solutions	622 W. Patrick St.	Frederick	21701	301.694.9232	ccantrel@aol.com
Reliance Home Care	12615 Blue Sky Drive	Clarksburg	20871	301.789.2525	jpledud@reliancehomecare.com
Response Link	4 Supreme Court	Gaithersburg	20878	301.216.2112	nelsonleroy@responselink.com
Right at Home	1890 North Market Street #300	Frederick	21701	301.696.1122	cluber@rahmd.net
Right at Home	1890 North Market Street #300	Frederick	21701	301.696.1122	emclaughlin@rahmd.net
Sandy Spring Bank	14 West Patrick Street	Frederick	21701	301-695-0786 x6816	pwshaffer@sandyspringbank.com
Senior Compass	19644 Spring Creek Road	Hagerstown	21742	301.739.4400	czimmer@zimmermarketinggroup.com
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Senior Home Care	6910 Bowers Road, Suite C	Frederick	21702	301.473.8500	llshcf@comcast.net
Senior Life Care Planning, LLC	1560 Oposomtown Pike, Suite A12	Frederick	21702	301.663.9230	terri@seniorlcp.com
Senior Living by The Frederick News-Post	351 Ballenger Center Drive	Frederick	21703	240.215.8571	lfields@newspost.com
Senior Living Frederick County	351 Ballenger Center Drive	Frederick	21703	240.215.8605	sguynn@newspost.com
Senior Rehab and Wellness	696 Trail Ave	Frederick	21701	301-662-1997	spaul@homecarerehab.com
Senior Smile					namitachaudhary@yahoo.com
Seniors and Law Enforcement Together (SALT)	110 Airport Drive	Frederick	21702	301.600.3909	jphallman@adelphia.net
Serafini Financial Services	1110 Opal Ct, Ste 1	Hagerstown	21740	301.739.1500	katrina@serafinifinancial.om
Service Coordination, Inc.	5303 Spectrum Drive, Suite I	Frederick	21703	301.633.8044	sdavis@servicecoordinationinc.org
Shepherd's Staff in-home Care	P.O. Box 554	Walkersville	22793	240-566-5106	angela@shepherds-staff.net
Somerford Frederick Assisted Living & Alzheimer's Care	2100 Whittier Drive	Frederick	21702	301.668.3930	gposey@5sqc.com

Source Book	1919 Gallows Road #200	Vienna	22182	410.581.6873	barbara@proaging.com
South Mountain Title	204 Mariam Pass	Middletown	21769	301.371.8212	pat@southmountaintitle.com
Spectrum Federal Credit Union	1041A W. Patrick St.	Frederick	21702	301.620.9008	nortons@spectrumfcu.org; hobbse@spectrumfcu.org
Spiritsong Real Estate Services	11309 Country Club Road	New Market	21774	301.639.8577	carol_burnette@synergent.com
Spring Ridge Chiropractic	9093 Ridgefield Drive, #107	Frederick	21701	301.620.8566	vretana@springridgechiropractic.com
Square it Away	19413 Frederick Road	Germantown	20876	240.246.6346	cory@squareitawaynow.com
St. Catherine's	331 South Seton Ave	Emmitsburg	21727		mgrist@scncah.org
State of Maryland				410.767.6962	Patricia.Barrick@doit.state.md.us
Stauffer Funeral Homes	1621 Opossumtown Pike, PO Box 1819	Frederick	21702	301.663.7984	bbuehrer1@hotmail.com
Stay Home Senior Services					lhinish@stayhomeseniorservices.com
Stouffers Auction				301.791.6896	sue@stouffersauctionco.com
Sunrise	990 Waterford Drive	Frederick	21702	301.663.9500	frederick.dcr@sunriseseniorliving.com
Sunset Ridge Assisted Living	7021 Rock Creek Drive	Frederick	21702	3014735103	info@sunsetridgeassistedliving.com
Talbert Consulting	4906 Wallingford Place	Jefferson	21755	240-529-2456	talbertconsult@yahoo.com
The Arc of Frederick Co.	620A Research Drive	Frederick	21703		krobesson@arcfc.org
The Community Foundation of Frederick County	312 E. Church Street	Frederick	21701	301.695.7660	
The Last Re-sort	4718 Caleb Wood drive	Mt. Airy	21771	301.529.0577	stacey@thelastre-sort.com
The Law Office of David Wingate PC	1560 Opossumtown Pike, Suite A2	Frederick	21702	301.663.9230	terri@davidwingate.com
The Sawyer Group	100 Painters Mill Road Suite 420	Owings Mills	21117	410-356-9230	jennifer@sawyer-group.com
The Village at Laurel Run	6375 Chambersburg Rod	Fayetteville	17222	717.352.5001	cfaust@villageoflaurelrun.com
Thurmont Senior Center, Inc.	806 East Main Street	Thurmont	21788	301-271-7911	thurmontseniorcenter@zoho.com
Tranquillity of Fredericktowne	6441 Jefferson Pike	Frederick	21703	301.668.6030	tmiller@tranquillity-frederick.com
U.S. Senator Barbara Mikulski	32 West Washington Street, Rm 203	Hagerstown,	27140	301-797-2826	julianna_albowicz@mikulski.senate.gov

Victoria Park at Walkersville	105 Sandstone Drive	Walkersville	21793	301.845.4885	manager464@habitatamerica.com
Vindobona	6012 Jefferson Blvd Box 318	Braddock Heights	21714	301.371.7160	kwhite@thevindobona.com
Visiting Angels of Frederick	302 E. 4th Street	Frederick	21701	301-418-6172	JaniceD@VisitingAngels.com
Vital Sources, LLC	10 North Jefferson St, Suite 403	Frederick	21701	301-620-8700 x 108	mary-eileen@vitalsources.org
Volunteer Frederick	31 W Patrick St, L-2	Frederick	21701	301.663.5214	suzannefranklin@VolunteerFrederick.org
We Help-U-Move	511 W. South Street	Frederick	21701	301.620.1169	beth71801@yahoo.com
Whitesells Pharmacy	236 N. Market Street	Frederick	21701	301-662-4848	juliefulton@whitesells.com
Wisdom Works - Diane Younkins, MS, LGPC, NCC	19514 Keep Tryst Road	Knoxville	21758	301-834-9393	diane@wisdomlifeworks.com