

2024 KENT COUNTY

Seniors Resource Guide

COURTESY OF
KENT COUNTY
COMMISSION
ON AGING



The Kent County Commission on Aging has prepared this Seniors Resource Guide that can be saved for ready reference. This effort is in response to the Commission's concern that older adults may have difficulty in finding local services and programs available that support healthy aging.

The Kent County Commission on Aging, established in 1969, is a volunteer advisory group to the Kent County Commissioners., made up of representatives having an interest in seniors' issues.

This information is subject to change.

Readers are advised to contact the organizations listed. Please send updates or changes to kentresourceguide@gmail.com.

Aging in Place

HomePorts, Inc.

118 North Cross Street, 2nd floor,
Chestertown

www.homeports.org

443-480-0940

Membership organization for those over 55; volunteer services such as transportation, home visits, social events

Day Care

**Kent County Medical
Adult Day Center**

Kent County Health Department
125 South Lynchburg Street, Chestertown
<http://www.kenthd.org>

410-778-5581

Licensed day program for health-impaired adults, supervised by a registered nurse. Services include nursing care, meals, medication management, therapeutic activities, and transportation. Sliding scale fee. Monday - Friday, 8:00am to 5:00pm

Education

**Washington College Academy
of Lifelong Learning**

Non-credit courses for continuing education which include history, music, literature, philosophy, the sciences, wellness, and the visual arts, and a series of monthly luncheons and field trips
<http://www.washcoll.edu/wc-all>
410-778-7793

**Institute for Adult Learning
Kennard African-American
Cultural Heritage Center**

400 Little Kidwell Avenue, Centreville
<https://www.instituteforadultlearning.org>
410-758-4381

A volunteer organization offering diverse non-credit courses and social experiences for those 50 and older

Kent County Public Library

408 High Street, Chestertown

410-778-3636

5746 North Main Street, Rock Hall

410-639-7162

119 North Main Street, Galena

410-648-5380

www.kentcountylibrary.org

Video private telehealth services for Choptank patients with appointment

Exercise/Recreation

**Amy Lynn Ferris Adult
Activity Center**

200 Schaubert Road, Chestertown

<https://www.uppershoreaging.org>

410-778-2564

Various exercise and dance classes, games, crafts, socialization, daily meal with advance reservation, health education events. Free. Call or visit for monthly schedule

Aquafit

818 High Street, Chestertown

www.ctownaquafit.com

410-778-6555

Gym, exercise, and indoor swim classes.

Discount for those 65+ after enrollment fee

Kent County Family YMCA

200 Scheeler Road, Chestertown

410-778-3148

Membership required. Discounted fee for seniors. Senior classes - pool and classroom

Kent County Parks and Recreation

11041 Worton Road, Worton

410-778-1948

Pickleball courts. Senior nature hikes

2nd Tuesday of each month

Registration required

Financial Assistance

AARP Income Tax Aide

https://www.aarp.org/money/taxes/aarp_taxaide

888-227-7669

Trained, IRS-certified volunteers available by appointment during tax season.

Call for locations. Free.

Low or moderate income

Homeowners & Renters Tax Credit

www.dat.maryland.gov

Reductions in property tax bills for income eligible homeowners

Maryland Department of Assessments and Taxation

1-410-767-5900

email: sdat.homeowners@maryland.gov

Financial assistance for renters who paid rent in the State of Maryland and who meet eligibility requirements

1-410-767-4433

email: sdat.renters@maryland.gov

Department of Veterans Affairs

<http://www.va.gov>

1-800-827-1000

Food

Also see Shopping

Kent County Department of Social Services

350 High Street, Chestertown
<https://dhs.maryland.gov/supplemental-nutrition-assistance-program>
 410-810-7600
 Information on income eligibility for Supplemental Nutritional Assistance Program (SNAP)

Meals on Wheels

Upper Shore Aging
 200 Schaubert Road, Chestertown
 410-778-2564 or 410-778-2571
 Three deliveries per week and a home check for those who are home-bound and 60 or older. No income eligibility restrictions, donations requested

Food Pantries

Community Food Pantry

Christ United Methodist Church
 401 High Street, Chestertown
 410-778-0550
 Tuesday and Thursday
 10:00am to 12 noon
 No registration is needed

Seventh Day Adventist Church

305 North Kent Street, Chestertown
 410-778-4333
 Every 2nd, 4th, and 5th Tuesday
 10:00am to 12:00 noon
 No registration is needed

Millington Crumpton Food Pantry of Asbury UMC

392 Cypress Street, Millington
 443-480-0053
 Proof of income eligibility and/or referral required
 Mondays at Asbury UMC from 9:00am to 12:00 noon
 2nd Tuesdays @ 10:39am at Former Millington Elementary School
 172 Sassafras Street, Millington (weather permitting)

Hope Community Alliance

6528 Rock Hall Road, Rock Hall
<https://therockccmd.org/>
 hope-community-alliance
 484-889-9766 or 410-778-2073
 1st & 3rd Thursdays 4:00pm to 7:00pm

Mt Olive African Methodist Episcopal Church

24840 Lambs Meadow Road, Worton
 Drive up 12:00 noon to 3:00pm
 3rd Fridays • No registration is needed

Christmas Food Baskets

The Lions Clubs of Kent County
 410-708-0704
 Referrals from Social Services, Upper Shore Aging, Churches or other senior supporting agencies

Seventh Day Adventist Church

21366 East Sharp Street, Rock Hall
 410-639-2926
 Tuesdays 3:30pm-5:30pm
 No registration is needed

Funeral Services

Bennie Smith Funeral Homes

855 High Street, Chestertown
www.benniesmithfuneralhome.com
 410-778-2161

Fellows, Helfenbein and Newnam Funeral Home PA

www.fhnfuneralhome.com
 130 Speer Road, Chestertown
 410-778-0055
 370 West Cypress Street, Millington
 410-928-5311

Galena Funeral Home of Stephen L. Schaeck

118 West Cross Street, Galena
www.galenafuneralhomeofsls.com
 410-648-5338

Kenneth Walley Funeral Service

P.O. Box 88, Chestertown
<https://www.weremember.com/search/funeral-home/101184/Kenneth%20Walley%20Funeral%20Home>
 410-778-2773

Health Care

Choptank Community Health System

Chestertown Health Center
 126 Philosophers Terrace, Suite 101, Chestertown and
Community Health Center
 Rock Hall Elementary School, Sharp Street, Rock Hall
<https://www.choptankhealth.org>
 443-215-5353 (Chestertown)
 667-377-2004 (Rock Hall)
 Family medicine and behavior health, mobile health unit

Eastern Shore Urgent Care and Primary Care

7416 Church Hill Road, Chestertown
<https://easternshoreuc.com>
 410-498-4848
 Treatment of non-life-threatening injuries and illnesses; wellness visits, 7 days per week

University of Maryland Shore Medical Center - Chestertown

(formerly Chester River Hospital Center)
 100 Brown Street, Chestertown
<https://www.umms.org/shore/locations/medical-center-chestertown>
 410-778-3300
 24/7 Emergency Department, cardio-pulmonary rehab, medical imaging, radiology, lab testing, same-day surgery, classes

Health Services

Also see Substance Abuse

Chester River Wellness Alliance

106 Spring Street, Chestertown
www.crwel.org
 Health and wellness services
 and education

Chestertown Lions Club

P.O. Box 265, Chestertown
<https://chestertownlions.org>
 Eyeglass collection, cleaning, and
 distribution; vision and diabetes
 awareness program; low vision assistance

For All Seasons

516 Washington Avenue, Chestertown
https://forallseasonsinc.org/?gad_source=1
 410-810-1018
 Individual and group therapy,
 rape crisis services, financial aid available

Galena Lions Club

<https://galena-md-lions.org/charitiesexplained.html>
 410-708-0704
 Durable medical equipment loan
 program, such as wheelchairs,
 hospital beds, walkers, shower seats

Kent County Health Department

125 South Lynchburg Street, Chestertown
<https://kenthd.org>
 410-778-1350
 Monday - Friday 8:00am to 5:00pm
 Evaluation and referral services,
 including comprehensive assessments
 for in-home assistance, medication
 management; breast and colorectal
 cancer screenings; immunizations;
 health insurance options

Maryland Crisis Hotline

24/7 service
 1-800-422-0009

Shore Regional Health Community Outreach Team

UM Shore Medical Center at Chestertown
 103 Brown Street, Chestertown
<https://www.umms.org/shore/about/expanding-care-eastern-shore/future-kent-county/shore-community-outreach-team>
 410-778-3300 x5646
 Home visits, health screenings, medical
 case management, connections to
 community services

Home Health Care

Byzantine Healthcare Services

12708 Willow March Lane, Bowie
<https://byzantinehealthcareservices.com>
 301-324-1709
 In-home 24-hour caregiving and nursing

Comfort Keepers

8103 Ocean Gateway, Easton
<https://www.comfortkeepers.com/offices/maryland/easton>
 410-822-4414
 In-home care by trained caregivers
 Transportation available

Good Heart Nursing Care

4990 Pisgah Marbury Road, Marbury, MD
www.ghncare.com
 240-478-5334
 In-home 24-hour nursing care

LifeForce

229 North Main Street, Smyrna, DE
www.lifeforceeldercare.com
 302-345-1356 Live-in caregiving service

Living at Home, LLC

301 Old Bridge Road, Chestertown
<https://livingathomellc.com>
 410-778-2212
 In-home care by trained caregivers
 Medicaid waiver accepted

Private Care Duty, LLC

2 South West Street, Unit 4, Easton
www.privatecaredutyllc.com
 410-690-8365
 In-home care by trained caregivers

Upper Shore Aging Senior Care Services

100 Schaubert Road, Chestertown
<https://www.uppershoreaging.org>
 410-778-6000
 Gap-filling services, equipment, medical
 supplies, based on income eligibility

Visiting Angels

221 Glenwood Avenue, Easton
www.visitingangels.com
 443-746-0494
 In-Home care by trained caregivers

VNA of Chestertown (formerly Chester River Home Care and Hospice)

103 Brown Street, Chestertown
<https://lhcgroupp.com/locations/vna-of-maryland-chestertown>
 410-778-1049
 In-home care by trained caregivers

Home Repair

Rebuilding Together

903 Washington Avenue, Suite 2,
 Chestertown
<https://www.rebuildingtogetherkc.md.org>
 410-778-4544
 Home repairs and modifications based
 on income eligibility

Hospice

Compass Regional Hospice

255 Comet Drive, Centreville
<https://compassregionalhospice.org>
 443-262-4100
 Offering Kent County families home
 hospice care, a residential hospice center,
 and general inpatient care; accepts
 Medicare, Medicaid, and most private
 insurance

Housing

Kent Attainable Housing

114 South Lynchburg Street,
Suite D, Chestertown
<https://kentattainablehousing.org>
443-480-6842
Assistance with affordable home
ownership, financial literacy education,
community revitalization

Upper Shore Aging Housing Corp.

<https://www.uppershoreaging.org/>
contact
Rental apartments for seniors
based on income eligibility
Briscoe Manor
107 West Cross Street, Galena
410-648-5174
Morgnec Village
402 Morgnec Road, Chestertown
410-778-5580
Chesapeake Villa
5795 Chesapeake Villa Road, Rock Hall
410-639-7008

Information and Assistance

Upper Shore Aging

Amy Lynn Ferris Adult Activity Center
200 Schaubert Road, Chestertown
Services available to the elderly,
application assistance, and referrals
410-778-2564

Maryland Cooperative Extension

709 Morgnec Road, Suite 202
Chestertown
Information, programs, and individual
consultation in health and nutrition,
family finance and consumer issues
<https://extension.umd.edu/locations/kent-county>
410-778-1661

Legal and Mediation Services

Family Law Assistance Program

Family Services Division
Kent County Circuit Court
103 North Cross Street, Chestertown
<https://www.mdcourts.gov/circuit/kent/family> • 410-810-1059
Family law services, legal consultations,
mediation, information, and referrals.
Based on income eligibility

Register of Wills

Kent County Courthouse
103 North Cross Street, Chestertown
Monday - Friday 8:00am to 4:30pm
<https://registers.maryland.gov/main/kent.html> • 410-778-7465
Assistance in probate of estates,
filing of wills for \$5.00 fee

Sixty Plus Legal

<https://aging.maryland.gov/Documents/SixtyPlusLegalProgram.pdf>
410-951-7760
Preparation of wills, power of attorney,
deed changes, small estates.
Based on income eligibility

Maryland Legal Aid

Upper Eastern Shore Office
106 North Washington Street,
Suite 101, Easton
Monday - Friday 9:00am to 5:00pm
410-763-9676 or 1-800-477-2543
www.mdlab.org

Maryland Senior Legal Hot Line

<https://www.peoples-law.org/maryland-senior-legal-helpline>
866-635-2948
Brief legal advice by phone for those
over 60, based on income eligibility

Shore Legal Access

499 Idlewild Avenue, Easton
Monday - Thursday, 9:00am to 4:00pm
www.shorelegal.org • 410-690-8128
Representation in civil legal matters,
based on income eligibility

Community Mediation

Upper Shore

100 North Cross Street, Chestertown
www.cmusmediation.org
410-810-9188
Conflict resolution by trained community
mediators, free of charge
Monday - Friday 9:00am to 3:00pm
Mediation scheduled outside of
these hours as requested

Long Term Care

*Note: The Kent County Ombudsman
advocates for long-term care residents. To
report problems with resident care or to
learn residents' rights, call 410-778-6000.*

Continuing Care Retirement Community

Heron Point
501 East Campus Avenue, Chestertown
<http://www.actsretirement.org/communities/maryland/heron-point-of-chestertown> • 410-778-7300
Independent living as well as
assisted living and a skilled nursing
facility for those over 60

Skilled Nursing

The Resorts at Chester River Manor
200 Morgnec Road, Chestertown
<https://resortsatchesterrievermanor.com>
410-778-4550
A Medicare and Medicaid-certified
98-bed facility that provides
24-hour long-term care and
rehabilitation services, respite
and hospice services

Chestertown Nursing and Rehabilitation Center

415 Morgnec Road, Chestertown
<https://chestertownrehab.com/about>
410-778-1900
A Medicare and Medicaid-certified 92-bed
facility specializing in rehab services as
well as intermittent and continuous care

Assisted Living

The Golden Rule

20806 Bayside Avenue, Rock Hall
410-639-7378
8 beds, men and women

My Abode

25551 Still Pond Neck Road, Worton
410-348-2525
16 beds, primarily veterans,
men and women

Rock of Ages

5307 Elburn Lane, Rock Hall
<https://www.kentcounty.com/health-care/rock-of-ages>
410-639-2580
8 beds, men and women

Whispering Pines

5811 South Hawthorne Avenue, Rock Hall
<http://www.whisperingpinesrockhall.com>
410-639-7771
Accepts Medicaid waiver, 8 beds,
men/women/couples

Pharmacies

Chester River Pharmacy

601 Washington Avenue, Chestertown
410-810-3600
Monday - Friday 9:00am to 6:00pm,
Saturday 9:00am to 2:00pm

Galena Pharmacy

104 Cross Street, Galena
410-648-5662
Monday - Friday 9:00am to 6:00pm,
Saturday 9:00am to 2:00pm

Millington Pharmacy

200 Sassafras Street, Millington
410-928-5333
Monday - Friday 9:00am to 6:00pm,
Saturday 9:00am to 1:00pm

Walgreens

701 Washington Avenue, Chestertown
410-778-5698
Monday - Sunday 8:00am to 10:00pm

Walgreens

21400 Zeeman Road, Rock Hall
410-639-9140
Monday - Sunday 8:00am to 8:00pm

Senior Groups

Ageless Wonders

Rock Hall Methodist Church
21273 Sharp Street, Rock Hall
3rd Wednesdays 1:00pm to 3:00pm

HomePorts, Inc.

118 North Cross Street, 2nd floor,
Chestertown
www.homeports.org • 443-480-0940
Membership organization for those over
55; transportation within Kent County

Shopping

Acme Chestertown

711 Washington Avenue, Chestertown
410-778-5641
Tuesdays 5% discount for 60+,
upon request
Online Orders: Acme Drive up and Go,
Door Dash, InstaCart

Bayside Market

21309 Rock Hall Avenue, Rock Hall
<https://www.facebook.com/Baysidemarket> • 410-639-2552
Mondays - 5% discount for 65 years+;
Friday deliveries- \$75 minimum order;
\$10 delivery charge to Rock Hall,
\$15 delivery charge to Chestertown

Cross Street Market

105 West Cross Street, Galena
419-648-5354
Wednesdays 10% discount for 65+

Fresh Start Food and Garden

21318 East Sharp Street, Rock Hall
410-639-4102
Wednesdays- 10% discount for 55+

Upper Shore Aging

Shopping provided weekly for those
over 60 who are unable to shop.
Requests taken by phone and
payment made upon delivery.
Donations requested to offset costs.
410-778-2564 or 410-778-2571

Social Services

Community Mediation

Upper Shore

100 North Cross Street, Chestertown
<https://www.cmusmediation.org>
410-810-9188

Elder Mediation

Mid-Shore Mediation
300 Talbot Street, #206, Easton
www.midshoremediation.org
410-820-5553

Kent County Department of Social Services

350 High Street, Chestertown
410-810-7600
Monday - Friday 7:30am to 4:30pm
Benefits programs including medical
assistance, food stamps, and heating.
Adult Protective Services Program to
investigate possible abuse or
neglect situations
<http://www.dhr.state.md.us/kent.htm>

Substance Abuse

A.F. Whitsitt Center

300 Scheeler Road, Chestertown
<https://kenthd.org/adult-health/addictions/inpatient-residential>
410-778-6404
Inpatient and outpatient services for
adults 18 and older with substance abuse
disorders; crisis stabilization, family
therapy. Sliding scale fee.

Alcoholics Anonymous/Alano

www.easternshorealanoclub.org
410-778-0533 or 866-920-0628
Stable and safe meeting place for those
working to recover from the effects of
addictions or compulsive behaviors

Community Behavioral Health

400 South Cross Street, Suite 4,
Chestertown
<https://www.communitybehavioralhealth.net> • 844-224-5264, Ext. 1
Addiction treatment, sliding scale fee

Recovery in Motion

Kent County Health Dept.
125 South Lynchburg Street, Chestertown
<https://kenthd.org/adult-health/addictions/recovery-in-motion>
410-778-5895
Peer support, referrals, supplies. Free

Support Groups**Caregivers Support Group**

Presbyterian Church of Chestertown
905 Gateway Drive, Chestertown
2nd Tuesdays, 10:30am
<https://www.presbyterianchestertown.org/calendar> • 443-282-0219

Free and Clean Narcotics**Anonymous Group**

Bethel AME Church
237 North College Avenue, Chestertown
Wednesday 8:00pm
Email: bethel.ctown@gmail.com
410-778-2833

National Alliance for Mental Illness Family Support Group

Via Zoom • 443-480-0565
2nd and 4th Thursdays

Parkinsons Support Group

Via Zoom • 410-739-8539
1st and 3rd Thursdays 4:30pm

Substance Abuse Support Groups

300 Scheeler Road, Chestertown
<https://kenthd.org/adult-health/addictions/recovery-in-motion>
410-778-6404 or
Hotline: 1-800-317-3222

Telephone Reassurance

Phone calls made to those living alone,
Monday - Friday 9:00am to 11:00am,
upon request. 410-778-2564

Transportation**Chestertown Lions Club**

P.O. Box 265, Chestertown
<https://chestertownlions.org>
410-864-6880
Free transportation to eye appointments

HomePorts, Inc.

118 North Cross Street, 2nd floor,
Chestertown
www.homeports.org • 443-480-0940
Membership organization for those over 55; transportation within Kent County

Maryland Upper Shore Transit

<https://www.mustbus.org/index>
410-778-5187 or 866-330-6878
Affordable public transportation
fixed routes, deviated fixed routes.
Monday - Saturday

Alphabetical Listing

Aging in Place
Day Care
Education
Exercise/Recreation
Financial Assistance
Food - *Food Pantries*
Funeral Services
Health Care
Health Services
Home Health Care
Home Repair
Hospice
Housing
Information and Assistance
Legal and Mediation Services
Long-Term Care - *Assisted Living*
Pharmacies
Senior Groups
Shopping
Social Services
Substance Abuse
Support Groups
Telephone Reassurance
Transportation

Maryland State Representatives from District 36**District 36 includes Caroline, Cecil, Kent & Queen Anne's Counties**

The State Government funds a myriad of services on which seniors depend. Functions from nursing home oversight to utility regulation to teacher retirement programs fall within the State's purview. Half of all Medicaid funds are provided by the State as well as a large amount of the costs to maintain senior centers, meals-on-wheels, and local transit buses. Keep in touch with your State representatives to let them know that seniors vote.

Jefferson L. Ghrist

Lowe House Office Building, Room 430
6 Bladen Street, Annapolis, MD 21401
410-841-3555, 301-858-3555
1-800-492-7122, ext. 3555 (toll free)
e-mail: jeff.ghrist@house.state.md.us

Stephen S. Hershey, Jr.

James Senate Office Building, Room 423
11 Bladen Street, Annapolis, MD 21401
410-841-3639, 301-858-3639
1-800-492-7122, ext. 3639 (toll free)
e-mail: steve.hershey@senate.state.md.us

Jay A. Jacobs

House Office Building, Room 321
6 Bladen Street, Annapolis, MD 21401
410-841-3449; fax: 410-841-3098
1-800-492-7122, ext. 3449 (toll free)
e-mail: jay.jacobs@house.state.md.us

Stephen J. Arentz

Lowe House Office Building, Room 308
6 Bladen Street, Annapolis, MD 21401
410-841-3543, 301-858-3543
1-800-492-7122, ext. 3543 (toll free)
e-mail: steven.arentz@house.state.md.us



Keeping Home a Safe Harbor

MEMBERS RECEIVE:

- Initial evaluation of needs by a licensed R.N.
- Up to 5 rides per month to medical and social appts
- Assistance with small home maintenance
- Newsletter
- Conversations with retired elder care lawyer
- Invitation to social and educational programs
- Monthly luncheons
- Lively book club
- Technical assistance with phones, TVs, printers
- Peace of mind for member and family

\$100 Three-Month Trial Membership

**The Community's
Non-Profit
Aging-in-Place
Membership
Organization**

For those 55 and older

"I had important appointments to keep and was unable to renew my driver's license. HomePorts came to my rescue. The volunteers are excellent! Each is kind, friendly and ready to assist me whenever I need help."

~ Les P., Rock Hall, Member

• **SAVE THE DATE** •

Thursday, October 17th
Annual Kent County Health Expo

For exhibitor information, email:
louisandygoddard@gmail.com

Call 443-480-0940 • Email info@homeports.org
WWW.HOMEPORTS.ORG



Upper Shore Aging

Serving **Caroline, Kent & Talbot Counties**

YOUR LOCAL AGENCY PROVIDING PROGRAMS AND SERVICES FOR SENIORS

- ✓ Meals-on-Wheels
- ✓ Retired Seniors Volunteer Program
- ✓ Medicare & Health Insurance Counseling
- ✓ Caregiver Support Program
- ✓ Ombudsman for Long-Term Care Residents
- ✓ And much more.....



Activities Offered Monday-Friday

Including Classes on Health & Fitness, Arts & Crafts,
Nutrition, Entertainment, and Low-Cost Lunches!

410-778-6000 • 410-778-2564
100 Schaubert Rd., Chestertown, MD 21620

WWW.UPPERSHOREAGING.ORG