



Services & Resources:

*A Guide for WHC Seniors,
Families, and Caregivers*

WASHINGTON HEBREW
CONGREGATION



PRIME TIMERS

FOR MEN & WOMEN IN THEIR SENIOR YEARS

Washington Hebrew Congregation does not endorse or guarantee any service or agency listed in this publication. We encourage you to research all providers and to request additional information and references before using any service.

Corrections, additions, and comments may be emailed to:
communications@whctemple.org

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EMERGENCY NUMBERS

- Fire, Rescue Squad, Police 911
- Poison Center 202-625-3333
- George Washington Hospital..... 202-715-4000
- Georgetown Hospital 202-444-2000
- Medstar Washington Hospital Center 202-877-2000
- Sibley Hospital..... 202-537-4000
- Suburban Hospital 301- 896-3100
- Pepco, power outage..... 877-737-2662
- Washington Gas Company..... 703-750-1000

ADULT DAY CENTERS & SERVICES

WASHINGTON, DC

- Brookland Senior Day Care Center 202-682-8612
- Center Care Adult Day Treatment Program 202-541-6153
- Center Care Day Treatment 202-541-6150
- Downtown Cluster's Geriatric Day Care Center, Inc. 202-347-7527
- Geneviene N. Johnson Senior Programs..... 202-723-8537
- IONA Adult Day Health Center 202-895-9448
- Iona's Weinberg Wellness & Arts Center 202-895-9448

MARYLAND

- Apex Health Mgt. Day Care..... 301-565-0303
- Easter Seals Adult Day Program 301-588-8700
- Eldercare of Damascus 301-253-2764
- Fellowship Adult Day Center 301-916-4141
- Family Services, Inc. — The Support Ctr. Medical ADC..... 301-738-2250
- Friends Club Bethesda..... 301-469-0070
- Harry & Jeanette Weinberg Inter-Generational Center 301-588-8700
- Holy Cross Adult Day Care 301-754-7150
- Holy Cross Hospital, Medical Adult Day Center 301-754-7150

- Kensington Club, Gorlitz Social Day Program 301-255-4204
- Loving Care Adult Medical Day Care 240-477-6199
- Loving Heart Adult Medical Center 301-990-1253
- Mislser Adult Day Center 301-468-1740
- Rainbow Adult Day Care Center 240-683-9010
- Rainbow Adult Day Care Center of Rockville 301-770-7676
- Randolph Hills Adult Day Center 240-514-3593
- Samuel J. Gorlitz Kensington Club for Early-Stage Memory Loss..... 301-255-4204
- Values in Action 301-576-9050
- Washington-McLaughlin ADC 301-270-6940
- Winter Growth, Inc. 301-774-7501

VIRGINIA

- Alexandria Adult Day Health Care..... 301-838-4224
- Annandale Adult Day Health Care Center 703-750-3316
- Alzheimer’s Family Day Center 703-204-4664
- Braddock Glen Adult Day Health Care Center 703-978-0502
- Easter Seals Adult Day Services at Walter Reed Community Ctr..... 703-228-0965
- Hearth & Home 703-361-5843
- Leewood Adult Day Care Center 703-256-9770
- Lewinsville Adult Day Health Care Center 703-734-1718
- Lincolnia Adult Day Health Care Center..... 703-914-0226
- Madison Adult Day Health Care Center..... 703-228-5340
- Mt. Vernon Adult Day Health Care Center 703-704-6050
- The Gardens Senior Day Program 703-278-1001

CARE MANAGEMENT

- Adult Companion Care, Inc. 703-549-7894
- Advanced Care Management..... 703-706-9595
- Advocate 360, Cathy Lonas, Rn, Bsn, MSBA 301-275-5175
- Aging Network Services, Inc. 301-657-4329
- BestCare Concierge 703-583-4663, 703-497-2273

- Buckley Kuhn Fricker, J.D.....703-390-0535
- Care Management Group, LLC 202-215-9209
- CareOptions: An Anne E. O’Neil, Inc..... 703-237-9048
- Compassionate Care For Seniors, LLC 302-774-2229, 301-821-7591
- Coordinating Senior Care.....301-765-8926
- Debra Levy Eldercare Associates301-593-5285
- Downtown Cluster’s Geriatric Day Center, Inc.202-610-6103
- Geriatric Care Counseling, Bethesda, MD.....301-320-5380
- GeriatriCare Management, Inc:703-313-6114x10
- Golden Pond ElderCare Strategies:703-216-7408
- ICare 4 U 301-814-841
- Iona Care Management202-895-9448
- Iona Caregiver and Take Charge/Age Well Consultations202-895-9448
- Iona Senior Services202-895-9448
- JCA Helpline GOLD..... 301-255-4200
- Jewish Social Service Agency..... 301-816-2633
- Jewish Social Service Agency Holocaust Survivor Program.....301-816-2647
- JSSA (Jewish Social Service Agency):301-383-4200, 703-204-9100
- LivHome..... 703-516-0011
- Mid-Atlantic Professional Geriatric Care Managers, Inc www.midatlanticgcm.org
- National Association of Professional Geriatric Care Mangers www.caremanagers.org
- Premier RN Geriatric Care 703-400-5858
- Seabury Care Management (formerly EMS Cares)202-364-0020
- Seabury Resources for Aging202-364-0020
- Senior Care Associates, Inc.703-502-0240
- Senior Clinical and Social Support, LLC.....301-610-9007

HOME HEALTH CARE AIDES

DISTRICT OF COLUMBIA

- A-I Action Nursing Care, Inc.202-333-0509
- Adult Companion Care, Inc.877-549-7894
- Advanced Home Support240-430-1500

▪ Adventist Home Care Services.....	888-387-0163
▪ At Home Care, Inc.....	301-879-2700
▪ At Home Support & Staffing, Inc.	301-879-2700
▪ Augustine Home Health Care.....	301-562-8500
▪ Capital City Nurses.....	866-687-7307
▪ Care For You.....	301-650-4169
▪ Dubols Home Care, Inc.	301-497-8968
▪ Eldercaring.....	301-949-0060
▪ Family & Nursing Care, Inc.....	301-588-8200
▪ Home Care Assistance.....	202-296-2124
▪ Home Instead Senior Care.....	301-588-9710
▪ Home Nursing, Inc.	202-765-3101
▪ LivHome.....	703-516-0011
▪ Medstar Health Visiting Nurse Assn	800-862-2166
▪ Options for Senior America.....	202-581-2000
▪ Potomac Home HealthCare	301-896-6999
▪ Potomac Home Support.....	301-896-6990
▪ Premier Homecare.....	301-984-1742
▪ Professional Healthcare Resources, Inc.	866- 243-1234
▪ Reliance Home Care.....	301-789-2525
▪ Right At Home.....	202-269-0008
▪ Senior Helpers.....	301- 290-1234
▪ Specialty Care Services	800-880-2184
▪ Visiting Angels.....	301-583-8820

MONTGOMERY COUNTY, MARYLAND

▪ A-I Action Nursing Care, Inc.....	301-890-7575
▪ Adult Companion Care, Inc.....	877-549-7894
▪ Advanced Home Support.....	240-430-1500
▪ Adventist Home Care Services.....	888-387-0163
▪ Angels of Care	240-283-4783
▪ At Home Care, Inc.....	301-879-2700
▪ At Home Support & Staffing, Inc.	301-879-2700

▪ Augustine Home Health Care.....	301-562-8500
▪ BrightStar of Montgomery County.....	301-588-0859
▪ Capital City Nurses.....	866-687-7307
▪ Care For You	301-650-4169
▪ CarePlus Home Health, Inc.	301-740-8870
▪ Comfort Keepers	301-340-0100
▪ Dubols Home Care, Inc.	301-497-8968
▪ Eldercaring.....	301-949-0060
▪ Family & Nursing Care, Inc.....	301-588-8200
▪ Genesis SelectCare	800-480-3225
▪ GraceFul Care, Inc.....	703-904-3994
▪ Griswold Home Care.....	301-947-7500
▪ Griswold Home Care-Aspen Hill, Wheaton.....	301-330-7646
▪ Holy Cross Home Care & Hospice	301-754-7740
▪ Holy Cross Private Home Services	301-754-7780
▪ Home Care Assistance	301-654-1525
▪ Home Instead Senior Care	301-588-9710
▪ Hospice of The Chesapeake	800-745-6132
▪ LivHome.....	301-438-0630
▪ MBL Associates, Inc.	301-355-7660
▪ Medstar Health Visiting Nurse Assn	800-862-2166
▪ Options for Senior America	301-562-3100
▪ Potomac Home HealthCare	301-896-6999
▪ Potomac Home Support	301-896-6990
▪ Premier Homecare.....	301-984-1742
▪ Professional Healthcare Resources.....	866-243-1234
▪ Regent Healthcare	410-872-0310
▪ Reliance Home Care.....	301-789-2525
▪ Right At Home	301-255-0066
▪ Savvy Care.....	800-798-4049
▪ Senior Helpers of Rockville.....	301-590-1234
▪ Senior Helpers of Silver Spring.....	301-592-1611

- Specialty Care Services 800-880-2184
- Visiting Angels 301-355-6578
- VNA of Maryland..... 888-523-5000

ALEXANDRIA COUNTY, VIRGINIA

- 1st American Home Health Services, Inc. 703-922-9555
- A-I Action Nursing Care, Inc. 301-890-7575
- Adult Companion Care, Inc. 877-549-7894
- Advanced Care Management 703-706-9595
- Always Best Care of Central Fairfax..... 703-635-7587
- Always Best Care of Northern Fairfax 703-463-9462
- America’s Nursing 703-998-8900
- BestCare Home Care, Inc. 703-497-2273
- BrightStar Care of Fairfax 703-267-2380
- Capital City Nurses 866-687-7307
- Care For You..... 301-650-4169
- CareOptions: Ann E O’Neil, Inc..... 703-237-9048
- Comfort Keepers 703-591-7117
- Considerate Care 703-845-2785
- Dependable Home Health Services..... 703-370-2300
- Dubols Home Care..... 703-312-1001
- Eldercaring 301-949-0060
- E R Nursing Solutions, Inc. 888-415-7573
- GeriatriCare Management, Inc. 703-313-6114
- Goodheart Home Healthcare..... 703-256-4920
- GraceFul Care, Inc..... 703-904-3994
- Home Care Assistance 703-356-4333
- Home Health Options Group 703-622-3343
- Home Helpers..... 517-340-4563; 703-766-0154
- Home Instead Senior Care 703-533-7368
- Homewatch CareGivers of Falls Church 703-992-7420
- Inova VNA Home Health..... 571-432-3100
- Joyful Living at Home, LLC 703-349-5081

▪ LightHouse Healthcare, Inc.	703-550-1400
▪ LivHome	703-516-0011
▪ LivinRite Home Health Services	703-369-6677
▪ Medstar Health Visiting Nurse Assn	800-862-2166
▪ National Home Healthcare	703-787-3060
▪ Old Dominion Home Care, Inc.	703-273-0422
▪ Options for Senior America	703-442-9700
▪ Professional Healthcare Resources, Inc.	703-752-8741
▪ Progressive Care at Home.....	703-750-1010
▪ Ready Hands Home Care	703-750-3170
▪ Reliance Home Care, Inc.	703-340-8570
▪ Rescare HomeCare	703-817-1555
▪ Right At Home.....	703-538-4584
▪ SenCura	703-550-2547
▪ Senior Helpers of Northern Virginia	703-277-9877
▪ Specialty Care Services	800-880-2184
▪ Sunshine On The Go Nursing, Inc.	703-712-8005
▪ Synergy HomeCare	703-558-3435
▪ The Medical Team, Inc.	703-390-2300
▪ The Virginian Home Health Services.....	703-259-6351
▪ Therapeutic Alliances Home Health Services	703-299-9068
▪ Virginian Home Care Services, Inc.....	703-822-5252
▪ Visiting Angels.....	703-333-5086

ARLINGTON COUNTY, VIRGINIA

▪ 1 st American Home Health services	703-922-9555
▪ A-I Action Nursing Care	301-890-7575
▪ Adult Companion Care	877-549-7894
▪ Advanced Care Management, Inc.....	703-706-9595
▪ Always Best Care of Arlington.....	571-255-0418
▪ Always Best Care of Central Fairfax.....	703-635-7587
▪ America's Nursing	703-998-8900
▪ BestCare Home Care.....	703-497-2273

▪ BrightStar Care of Fairfax	703-267-2380
▪ Capital City Nurses	866-687-7307
▪ Care For You	301-650-4169
▪ CareOptions: Ann E. O'Neil, Inc.	703-237-9048
▪ Comfort Keepers	703-435-2500
▪ Considerate Care	703-845-2785
▪ Dependable Home Health Services	703-370-2300
▪ Dubols Home Care, Inc.	703-312-1001
▪ Eldercaring	301-949-0060
▪ E R Nursing Solutions, Inc.	888-415-7573
▪ GeriatriCare Management, Inc.	703-313-6114
▪ Goodheart Home Healthcare	703-256-4920
▪ GraceFul Care, Inc.	703-904-3994
▪ Home Care Assistance	703-356-4333
▪ Home Health Options Group	703-622-3343
▪ Home Helpers	703-766-0154
▪ Home Instead Senior Care	703-533-7368
▪ Homewatch CareGivers of Falls Church	703-992-7420
▪ Inova VNA Home Health	571-432-3100
▪ Joyful Living at Home, LLC	703-349-5081
▪ LightHouse Healthcare, Inc.	703-550-1400
▪ LivHome	703-516-0011
▪ LivinRite Home Health Services	703-369-6677
▪ Medstar Health Vising Nurse Assn	800-862-2166
▪ National Home Healthcare	703-787-3060
▪ Old Dominion Home Care	703-273-0422
▪ Options for Senior America	703-442-9700
▪ Professional Healthcare Resources, Inc.	703-752-8741
▪ Progressive Care at Home	703-750-1010
▪ Ready Hands Home Care	703-750-3170
▪ Reliance Home Care	703-340-8570
▪ Rescare HomeCare, Inc.	703-817-1555

▪ Right At Home.....	703-538-4584
▪ SenCura.....	703-880-2547
▪ Senior Helpers of Norther Virginia.....	703-277-9877
▪ Specialty Care Services	800-880-2184
▪ Sunshine On The Go Nursing, Inc.....	703-712-8005
▪ Synergy HomeCare	703-558-3435
▪ The Medical Team, Inc.	703-390-2300
▪ The Virginian Home Health Services.....	703-259-6351
▪ Therapeutic Alliance Home Health Services.....	703-299-9068
▪ Virginia Home Care Services, Inc.	703-822-5252
▪ Visiting Angels.....	703-333-5086

HOMES, ASSISTED LIVING (INCLUDING NURSING AND REHAB FACILITIES)

DISTRICT OF COLUMBIA

▪ Chevy Chase House 5420 Connecticut Avenue NW	202-686-5504
▪ Forest Side 2701 Military Road NW	202-696-1923
▪ The Georgetown Retirement Residents 2512 Q Street NW	202-338-6111
▪ Grand Oaks 5901 MacArthur Blvd NW	202-349-3400
• Ingleside at Rock Creek 3050 Military Road NW	202-596-3083
▪ Knollwood Army Distaff Foundation 6200 Oregon Avenue NW	202-541-0149
▪ Methodist Home of the District of Columbia 4901 Connecticut Avenue NW.....	202-966-7623
▪ The Residences at Thomas Circle 1330 Mass Avenue NW	202-626-5761
▪ Sunrise on Connecticut Avenue 5111 Connecticut Avenue NW.....	202-966-8020

MONTGOMERY COUNTY, MARYLAND

- Aberdeen House I&II
13821 Bauer Drive, Silver Spring 240-472-4787
- Absolute Assisted Living
4911 Brooks Road, Rockville 301-774-1666
- Advantage Assisted Living
12508 Eastbourne Drive, Silver Spring 301-622-1688
- AlfredHouse Florence
18100 Cashell Road, Rockville 301 260-2080
- AlfredHouse Needwood
6020 Needwood Road, Derwood..... 301-260-2080
- AlfredHouse Shalom-Kosher
711 Lambertton Drive, Silver Spring..... 301-260-2080
- AlfredHouse II
4 Broomall Court, Silver Spring..... 301-260-2080
- AlfredHouse III
5313 Norbeck Road, Silver Spring..... 301-260-2080
- AlfredHouse IV
14519 Manor Park Drive, Silver Spring 301-260-2080
- Ammahl Home for the Elderly:
16700 Batchellors Forest Road, Olney 301-431-0484
- Andrus House
10910 Old Georgetown Road, Rockville 301-656-8823
- The Angel's Garden at Breeze Hill
14017 Breeze Hill Lane, Silver Spring..... 301-806-0151
- The Angel's Garden
4101 Bel Pre Road, Silver Spring..... 301-806-0151
- Apple Blossoms Assisted Living
1013 Cresthaven Drive, Silver Spring 301-445-5837
- Arbor Place Alzheimer's Care
4413 Muncaster Mill, Rockville 301-924-0666
- Arden Courts Memory Care – Kensington 301-493-7881

▪ Arden Courts Memory Care – Potomac.....	301-983-3620
▪ Arden Courts Memory Care – Silver Spring.....	301-847-3051
▪ Aspenwood Senior Living Community 14400 Homecrest, Silver Spring	301-598-6424
▪ Assisted Living of Rockville.....	301-356-3452
▪ Atrium Active Home 2701 Martello Drive, Silver Spring	240-793-6052
▪ Atrium Kosher Home 10301 Gainsborough Road, Potomac	240-793-6052
▪ Atrium Stonecrest Home 2305 Falling Creek Road, Silver Spring.....	240-793-6052
▪ Auxiliary House – Alzheimer’s Care 5501 Southwick Street, Bethesda.....	301-530-1633
▪ B’nai B’rith Homecrest House 14514 Homecrest Road, Silver Spring	301-598-4000
▪ Bedford Court 3701 International Drive, Silver Spring.....	301-598-2900
▪ Biltmore House 9500 Biltmore Drive, Silver Spring.....	301-585-6568
▪ Bliss Villa 1025 Cresthaven Drive, Silver Spring	301-625-0474
▪ Blue Star Assisted Living Residence 5415 Lincoln Street, Bethesda	301-571-8925
▪ Brighton Gardens of Friendship Heights 5555 Friendship Boulevard, Chevy Chase.....	301-656-1900
▪ Brighton Gardens of Tuckerman Lane 5550 Tuckerman Lane, North Bethesda.....	301-897-8566
▪ Brightview Fallsgrove 9200 Darnestown Road, Rockville	240-314-7194
▪ Brooke Grove Retirement Village 18100 Slade School Road, Silver Spring.....	301-260-2320

- Brookeville House Assisted Living #1
2505 Brown Farm Court, Brooksville301-957-0752
- Brooksville House Assisted Living #2
22150 New Hampshire Avenue, Brooksville301-957-0752
- Byrds of Heaven Assisted Living
11410 Cloverhill Drive, Silver Spring..... 301-592-8720
- Caring Companion301-740-8870
- Cascadia Courts.....301-460-2333
- Cedar Glen-Alzheimer’s Care
16 Pipestem Court, Potomac 888- 571-2015
- Clifton Woods-Alzheimer’s Care
13408 Clifton Road, Silver Spring.....301-384-4017
- Cohen-Rosen House
1799 East Jefferson Street, Rockville301-816-5050
- Dayspring Senior Home
9425 Overle Drive, Rockville866-344-4946
- Eden Homes Group
6505 Stoneham Road, Bethesda301-530-2932
- Emeritus at Potomac
11215 Seven Locks Road, Potomac888-459-8273
- Fatima Assisted Living Servies
19114 N Frederick Avenue 240-389-2918
- Foxhall Assisted Living Care Providers
8 Rippling Brook Court..... 301-460-1994
- Evergreen Eldercare Assisted Living
16901 N Hampshire Avenue, Silver Spring.....301-476-7539
- Five Star Premier Retirement Community
8100 Connecticut Avenue, Chevy Chase..... 301-907-9894
- Friends House Retirement Community
17340 Quaker Lane, Silver Spring301-924-5100
- Gabriel Home
12606 Meadowood Drive, Silver Spring..... 301-622-4114

- Glorious Care
10409 Sweepstakes Road, Damascus..... 240-389-2918
- Good Hope Home Care
1143 Neatherlands Court, Silver Spring 866-560-5656
- Good Samaritan Assisted Living
707 Kerwin Road, Silver Spring.....301-681-5251
- Grace House – Victory Housing
3214 Norbeck Road, Silver Spring..... 301-924-4424
- Heritage House I&II
9515 Lawnsberry Terrace, Silver Spring 301-570-4420
- Hillwood – Alzheimer’s Care
7401 Bradley Boulevard, Bethesda 888-848-5698
- Himalayan Elder Care
1909 Alabaster Drive, Silver Spring.....301-879-2852
- Himalayen Elderly Care, Inc., II
17234 N Hampshire Avenue, Silver Spring 301-455-6016
- Immanuel Senior Living
15501 Peach Orchard Road, Silver Spring.....301-421-1895
- Ingleside at King Farm
701 Kings Farm Boulevard, Rockville 240-499-9015
- JEYA Assisted Living I
307 E University Boulevard, Silver Spring..... 866-333-6002
- Kensington Park
3620 Littledale Road, Kensington 301-946-7700
- Kindley Assisted Living at Asbury Methodiest Village
333 Russell Avenue, Gaithersburg.....301-216-4003
- Kingshire Manor – Adventist Healthcare
9701 Medical Center Drive, Rockville..... 301-315-1900
- Landow House
1799 E Jefferson Street, Rockville301-816-5060
- Layhill Manor
3227 Bel Pre Road, Silver Spring..... 301-871-2000

- Laytonsville Estates Assisted Living
8212 Brink Road, Laytonsville 866-344-4946
- Lins House Assisted Living
1006 Quince Orchard Road, Gaithersburg..... 301-216-2414
- Maple Ridge – Alzheimer’s Care
15908 Maple Ridge Court, Rockville301-384-4017
- Milo Care
2308 Coleridge Drive, Silver Spring.....301-585-2271
- Muriel’s Home (Kosher Home)
4 Saddlerock Court, Silver Spring.....301-681-6196; 240-350-7414
- Natalie House
410 Torrington Place, Silver Spring301- 585-4780; 240-350-7414
- Nightingale House
13004 Darnestown Road, Gaithersburg 301-519-3557
- Porter House of Care
14117 Blazer Lane, Silver Spring.....301-460-1733
- Rebecca House
9910 River Road, Potomac..... 301-656-8823, 888-684-1739
- Rejuvenation
13201 Partridge Drive, Silver Spring..... 866-605-1228
- Riderwood
3140 Gracefield Road, Silver Spring 800-917-3141
- Seabury at Springvale Terrace
8505 Springvale Road, Silver Spring.....301-587-0190
- Caring Well
2612 Bel Pre Road, Silver Spring240-671-6014
- Shady Grove Center – Genesis HealthCare
9701 Medical Center Drive, Rockville..... 301-315-1900
- Spring Meadows Assisted Living
3420 Killsenny Street, Silver Spring.....301-572-7655
- Springhouse of Bethesda
4925 Battery Lane, Bethesda.....301-652-1445

- Springhouse of Silver Spring
2201 Colston Drive, Silver Spring..... 301-495-7366
- Springhouse of Westwood
5101 Ridgefield Road, Bethesda 301-657-9111
- Summerwood Garden Assisted Living
12705 Summerwood Drive, Silver Spring 240-381-2540
- Sunrise at Fox Hill
8300 Burdette Road, Bethesda..... 301-968-1800
- Sunrise at Montgomery Village
19310 Club House Road, Montgomery Village..... 301-921-0445
- Sunrise of Rockville
8 Baltimore Road, Rockville 301-309-0500
- Sunrise of Silver Spring
11621 New Hampshire Avenue, Silver Spring 301-625-8655
- Sunshine Home Care
9713 Inaugural Way, Montgomery Village..... 301-987-9600
- Sycamore Acres I
19120 Muncaster Road, Derwood.....301-922-0615
- Sycamore Acres II
6000 Granby Road, Derwood.....301-922-0615
- The Solana Olney, A Brookdale Managed Community
2611 Olney Sandy Spring Road, Olney..... 301-570-2611
- Trudie’s Home Senior HealthCare
428 Northwest Drive, Silver Spring..... 301-754-2544; 240-350-7414
- Warm Heart Family Assisted Living
18441 Crownsgate Circle, Germantown240-398-1433
- Winter Growth, Inc., Montgomery Center
18110 Prince Philip Drive, Olney..... 301-774-7501

ALEXANDRIA COUNTY, VIRGINIA

- The Fountains at Washington House
5100 Fillmore Ave, Alexandria703-539-5303

- Hermitage of Northern Virginia
5000 Fairbanks Ave, Alexandria703-797-3815
- Sunrise of Alexandria
3520 Duke Street, Alexandria703-212-9192
- Sunrise at Mt. Vernon
8033 Holland Road, Alexandria703-780-9800

ARLINGTON COUNTY, VIRGINIA

- Culpepper Garden
4435 N Pershing Drive, Arlington.....703-528-0162
- Emeritus at Arlington
3821 Wilson Boulevard, Arlington.....888-483-3602
- The Jefferson
900 N Taylor Street, Arlington.....703-516-9455
- Sunrise of Arlington
2000 N Glebe Road, Arlington.....703-524-5300
- Sunrise at Bluemont Park
5910 Wilson Boulevard, Arlington.....703-536-1060

HOMES, CONTINUED CARE

DISTRICT OF COLUMBIA

- Ingleside at Rock Creek
3050 Military Road NW202-363-8310
- Knollwood/Army Distaff Foundation
6200 Oregon Avenue NW202-541-0149
- Methodist Home of the District of Columbia
4901 Connecticut Avenue NW.....202-966-7623
- Residences at Thomas Circle
1330 Massachusetts Avenue NW202-626-5761

MONTGOMERY COUNTY, MARYLAND

- Asbury Methodist Village
201 Russel Avenue, Gaithersburg.....301-216-4136

- Bedford Court
3700 International Drive, Silver Spring..... 301-260-2320
- Brooke Grove Retirement Village
18131 Slade Road, Sandy Spring..... 301-260-2320
- Charles E. Smith Life Communities..... 301-770-8448
 - Hebrew Home
6121 Montrose Road, Rockville.....301-881-0300
 - Revitz House
6111 Montrose Road, Rockville301-881-7400
 - Ring House and Hirsh Health Center
1801 East Jefferson Street, Rockville301-816-5000
 - Landow House and Cohen-Rosen House
1799 East Jefferson Street, Rockville.....301-816-5060
- Friends House Retirement Community
17340 Quaker Lane, Sandy Spring.....301-924-5100
- Ingleside at King Farm
701 King Farm Boulevard, Rockville 240-499-9019
- Maplewood Park Place
9707 Old Georgetown Road, Bethesda301-530-0500
- The Village at Rockville, National Lutheran Community
9701 Veirs Drive, Rockville 301-424-9560
- Riderwood
3140 Gracefield Road, Silver Spring.....301-572-1300

ALEXANDRIA, COUNTY VIRGINIA

- The Fountains at Washington House
5100 Fillmore Avenue, Alexandria.....703-845-5100
- Goodwin House
2800 Fillmore Avenue, Alexandria 703-824-1000
- Hermitage of Northern Virginia
5000 Fairbanks Avenue, Alexandria..... 703-797-3800

FAIRFAX COUNTY, VIRGINIA

- The Fairfax-for Retired Military Officers & Spouses
9140 Belvoir Woods Parkway, Fort Belvoir 703-799-1200
- Goodwin House- Balley's Crossroads
3440 South Jefferson Street, Falls Church 703-820-1488
- Greenspring
7410 Spring Village Drive, Springfield..... 703-913-1200
- Vinson Hall- for military officers and family
6251 Old Dominion Drive, McLean..... 703-536-4344
- The Virginian
9229 Arlington Boulevard, Fairfax..... 703-385-0555
- The Woodlands Retirement Community
4320 Forest Hill Drive, Fairfax..... 703-667-9800

HOMES, GROUP

- Jewish Foundation for Group Homes
1500 E. Jefferson Street, Rockville 240-283-6000

HOMES, INDEPENDENT LIVING

DISTRICT OF COLUMBIA

- Chevy Chase House
5420 Connecticut Avenue NW 202-686-5504
- The Georgetown Retirement Residence
2512 Q Street NW 202-338-6111
- Golden Rule Plaza
1050 N Jorsey Avenue NW 202-962-0055; 202-610-4600
- Ingleside at Rock Creek
3050 Military Road NW 202-596-3083; 202-363-8310
- Johnson Towers
1325 Upshur Street NW 202-882-3931

- Knollwood/Army Distaff Foundation
6200 Oregon Avenue NW202-541-0149
- Methodist Home of the District of Columbia
4901 Connecticut Avenue NW..... 202-966-7623
- Residences at Thomas Circle
1330 Massachusetts Avenue NW 202-626-5761
- Sarah’s Circle
2551 17th Street NW 202-332-1400
- Seabury at Friendship Terrace
4201 Butterworth Place NW.....202-244-7400
- St. Mary’s Court
725 24th Street NW..... 202-223-5712

MONTGOMERY COUNTY, MARYLAND

- Andrew Kim House
2100 Olney Sandy Spring Road, Olney..... 301-260-2500
- Arbor Crest of Silver Spring
12801 Old Columbia Pike, Silver Spring..... 877-324-0959
- Arcola Towers
1135 University Boulevard W, Silver Spring 301-649-3590
- Asbury Methodist Village
201 Russell Avenue, Gaithersburg301-216-4100
- Aspenwood Senior Living Community
14400 Homecrest Road, Silver Spring 301-598-6424
- B’nai B’rith Homecrest House
14508 Homecrest Road, Silver Spring..... 301-598-4000
- Bauer Park Apartments
14635 Bauer Drive, Rockville..... 301-460-4545
- Bedford Court
3701 International Drive, Silver Spring..... 301-598-2900
- Bethany House
199 Rollins Avenue, Rockville301- 881-0700

- Brooke Grove Retirement Village
18100 Slade School Road, Sandy Spring..... 301-260-2320, 301-924-2811
- Charter House:
1316 Fenwick Lane, Silver Spring 301-495-1600
- Churchill Senior Living
21000 Father Harley Boulevard, Germantown 301-528-4400
- Covenant Village
18889 Waring Station Road, Germantown 301-540-1162
- Five Star Premier Residences (of Chevy Chase)
8100 Connecticut Avenue, Chevy Chase..... 301-907-8895
- Forest Oak Towers
101 Odendhal Avenue, Gaithersburg 301-258-1040
- Fox Hill
8300 Burdette Road, Bethesda..... 301-968-1800
- Friends House Retirement Community
17340 Quaker Lane, Sandy Spring.....301-924-5100
- Gardens of Traville
14431 Traville Gardens Circle, Rockville 301-762-5224
- Hampshire Village
3210 Norbeck Road, Silver Spring 301-924-6565
- Ingleside at King Farm
701 King Farm Boulevard, Rockville 240-499-9019
- Kensington Park
3620 Littledale Road, Kensington 301-946-7700
- Kentlands Manor, for individuals 62 and older
217 Booth Street, Gaithersburg..... 877-295-5642
- Lakeview House
10250 Westlake Drive, Bethesda 301-469-6927
- Leisure World of Maryland
3310 Leisure World Boulevard, Silver Spring..... 301-598-2500
- Maplewood Park Place
9707 Old Georgetown Road, Bethesda301-530-0500

- The Oaks at Four Corners
321 University Boulevard, Silver Spring..... 301-681-6632
- The Oaks at Oldetowne
9 Chestnut Street, Gaithersburg:301- 519-8290
- Randolph Village
531 Randolph Road, Silver Spring 301-622-4800
- Revitz House
6111 Montrose Road, Rockville..... 301-770-8450
- Riderwood
3140 Gracefield Road, Silver Spring 800-917-3141
- Ring House
1801 E Jefferson Street, Rockville 301-816-5012
- Seabury at Springvale Terrace
8505 Springvale Road, Silver Spring..... 301-587-0190
- Springhouse of Bethesda
5101 Ridgefield, Bethesda 301-652-1445
- Springhouse of Silver Spring
2201 Colston Drive, Silver Spring..... 301-495-7366
- Sunrise at Montgomery Village
19310 Club House Road, Montgomery Village..... 301-921-0445
- Town Center Apartments
90 Monroe Street, Rockville 301-424-5450
- Victory Court
209 Monroe Street, Rockville..... 301-294-1111
- Victory Forest
1000 Brunswick Avenue, Silver Spring..... 301-589-4030
- Victory Terrace
4440 Newbridge Drive, Potomac 301-983-9600
- Willow Manor at Clopper's Mill
18003 Mateny Road, Germantown 301-916-5277
- Willow Manor at Colesville
601 East Randolph Road, Silver Spring..... 301-384-8500

- Willow Manor at Fair Hill Farm
18301 Georgia Avenue, Silver Spring..... 301-260-7620

ALEXANDRIA COUNTY, VIRGINIA

- Annie B. Rose House
399 Pendleton Street..... 703-548-4946
- The Fountains at Washington House
5100 Fillmore Avenue..... 703-539-5303
- Hermitage of Northern Virginia
5000 Fairbank Avenue 703-797-3815
- Ladrey Highrise
300 Wythe Street..... 703-549-7115
- Paul Spring Retirement Community
7116 Fort Hunt Road 703-768-0234

ARLINGTON COUNTY, VIRGINIA

- The Carlin
4300 North Carlin Spring Road 703-243-4300
- Claridge House I
1500 South Fern Street 301-521-9100
- Culpepper Garden
4435 North Fershing Drive..... 703-528-0162
- Hunter’s Park at Cherrydale
2021 North Nelson Street..... 703-892-4330
- The Jefferson
900 North Taylor Street 703-516-9455
- Sunrise at Bluemont Park
5910 Wilson Boulevard 703-536-1060
- Woodland Hill
610 Carlin Springs Road..... 703-931-5700

HOMES, NURSING (SEE ALSO HOMES, ASSISTED LIVING)

- Hebrew Home of Greater Washington
6121 Montrose Road, Rockville..... 301-881-0300

Landow House	301-816-5050
Revitz House	301-881-7400
▪ Rockville Nursing Home	
301 Adelane Road, Rockville	301-279-9000
▪ Collingswood Nursing Home	
299 Hurley Avenue, Rockville	301-762-8900
▪ Carriage Hill	
5215 W Cedar Lane, Bethesda	301-897-5500
▪ The Washington Home	
3720 Upton Street NW, DC.....	202-966-3720
▪ Ingleside at Rock Creek	
3050 Military Road NW, DC.....	202-596-3083
▪ ManorCare – Chevy Chase	
8700 Jones Mill Road, Chevy Chase	301-657-8696
▪ ManorCare – Potomac	
10714 Potomac Tennis Lane, Potomac.....	301-299-2273
▪ Methodist Home	
4901 Connecticut Avenue NW, DC	202-966-7623

JEWISH SOCIAL SERVICE AGENCY (JSSA)

▪ Jewish Council for Aging	
12320 Parklawn Drive, Rockville.....	301-255-4200, 301- 881-8782
6123 Montrose Road, Rockville.....	301-881-3700
Car ..(Brenner.to.Brenner).....	301-585-2277
Hospice, Family Service Association, Family Community Service, Family Service Jobs	
▪ Jewish Community Centers	
1529 16 th ST NW DC.....	202-777-3200
Classes – adults and children	
6125 Montrose Road, Rockville.....	301-881-0106
Jewish Elder Care (OHEL), Jewish Community Relations, Adult Volunteers, Programs	

8900 Little River Turnpike, Fairfax..... 703-323-0880
 Eary Childhood Centers, Camps, Programs

MEALS, PREPARATION AND DELIVERY

- Dara Lyubinsky Telephone 301-538-6777
- Gourmet Your Way 301-942-6656
- Potomac Village Catering 301-299-5770
- The Kosher Kitchen Catering 703-227-7142
- Rochelle 703-795-0351
 Rochelle@TheKosherKitchen.com
- Dara Lyubinsky 301-538-6777

MEALS ON WHEELS

- 8814 Kensington Parkway, Chevy Chase 301-654-4610
- 6100 Georgia Avenue NW, DC 202-723-5617
- 13100 Andrew Drive, Silver Spring 301-384-7440
- P.O. Box 40203, Arlington 703-522-0811
- Take Out Taxi 301-571-0111

MEDICAL ALERT SYSTEM

- First Alert 855-897-0444
- Life Station 877-512-0875
- Life Fone 877-862-1827
- Philips Lifeline Standard Medical Alert System 855-214-1363
- Bay Alarm Medical Alert System 855-737-3753
- ADT Companion Services 855-989-6509
- Alert Medical Alert Systems 855-727-2809
- Life Alert 800-813-3104
- Medical Guardia 800-383-0500
- Mobil Help 800-908-4250

- Rescue Alert 877-998-1676
- TopMedicalAlertCompanies.com

MEDICAL SUPPLIES, PHARMACIES THAT DELIVER

- Bradley Drug
6900 Arlington Road, Bethesda 301-654-6776
- Brookville Pharmacy
5454 Wisconsin Avenue (Manchester Building) 301-718-0900
- Friendship Pharmacy
5530 Wisconsin Avenue, Chevy Chase 301-657-3050
- River Rx
5257 River Road, Bethesda 301-654-6979
- Spectrum Medical 301- 587-2992

MEDICAL SUPPLIES, INCONTINENT SUPPLIES

- North Shore Care 800-563-0161
- Cheap Chux 888-772-7702

REHAB CENTERS (SEE ALSO ASSISTED LIVING AND NURSING FACILITIES)

- National Rehab Center in DC 202-877-1000
- Hirrs
11 Taft Court, Rockville 301-309-2228

TRANSPORTATION

WASHINGTON, DC

- Iona Senior Services 202-895-9448
Curb to curb transportation for people with disabilities who can't use regular public transportation
- Washington Elderly Handicapped Transportation Services 202-895-9448
Curb to curb medical transportation for D.C. seniors (60+). Requests must be made through Iona.

- Carleton Transportation.....202-378-8646

MARYLAND

- Brenner Door to Door, 8am-3pm 301-816-2639
Medical appointments, fee based on income
- Potomac Home Support 301-896-6999
Escorted transportation
- My Mobile Assistant, Jeffrey Trees 301-332-1900
Drop off/pick up services
- Ready to Go, Zita Rudolph 301-812-7958
- Rita Hart..... 240-223-2418
Drop off/pick up services
- Immediate Transportation Services 301-587-0499
Either drop off/pick up or escorted, metro access
- J. P. Transportation..... 301-915-5360

VIRGINIA

- JCA Connect A Ride 703-323-6494
Options for 50+ VA residents
- STAR 703-892-8747
Services for 60+ Arlington residents, curb to curb medical transportation
- Super Senior Tair 703-228-1700
- Red Top Cab of Arlington 703-522-3333
Coupon book program (seniors and disabled eligible) for 10% discount

VILLAGE TO VILLAGE, NEIGHBORHOODS THAT HELP RESIDENTS AGE IN PLACE

WASHINGTON, DC

- Dupont Circle Village..... 202-436-5252
- Georgetown Village 202-999-8988
- Glover Park Village..... 202-436-5545
- Northwest Neighbors Village..... 202-237-1895
- Palisades Village 202-244-3310
- Cleveland Park Village 202-615-5853

MARYLAND

- Bannockburn
www.bannockburncommunity.org
- Burning Tree 240-389-3829
- Chevy Chase..... 301-657-3115
- Little Falls Village 301-320-3267
- Silver Spring Senior Villages 301-503-7401

VIRGINIA

- At Home in Alexandria..... 703-231-0824
- Arlington Neighborhood Villages 703-509-8057



**3935 Macomb Street NW
Washington, DC 20016**

**202-362-7100
whctemple.org**