COGS
COALITION OF
GERIATRIC SERVICES

PROFESSIONALS
WORKING TOGETHER
TO IMPROVE THE LIVES
OF OLDER ADULTS

A GUIDE TO SERVICES FOR SENIORS

COGS MEMBERSHIP DIRECTORY 2015-2016

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Dear Friend,

Welcome to the 2015-2016 COGS Membership Directory! Since 1991, the Coalition of Geriatric Services (COGS) has helped the elder care providers in Howard and the surrounding counties organize to discuss current issues and trends as well as advocate for the senior population in our community. We also support the training of nursing assistants through a scholarship program with Howard Community College as well as research activities, shared problem solving and networking. In addition, education plays a vital role at COGS, and we take pride in being on the cutting edge of older adult issues thanks to expert speakers providing the latest information and updates to our membership and ultimately to the community at large.

COGS supports the organizations that help make life easier for our aging population. Through Fall Fest and other fundraisers, we have donated over $72,000 to Neighbor Ride and the Howard County Office on Aging's Vivian L. Reid Community Fund – two non-profit agencies who work for the elderly in our communities.

This directory puts you in touch with the best individuals, private companies and public agencies that provide services to older adults. The members of COGS are dedicated to their clients and offer services ranging from housing, in-home care, insurance and financial products, construction, transportation, medical specialties, hospital care and other services. When you contact one of our members you can be assured that they share the common goal of improving the lives of older adults.

Please take a few minutes to acquaint yourself with the many organizations, practitioners and public agencies that are available to you. Feel free to share this information with your family members, colleagues and other senior care providers. Contact information is available for each member so please keep this directory handy and use it often – it is a valuable resource for all of us who care for older adults.

Best Regards,

Victoria Hathaway
President, Coalition of Geriatric Services

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Tickets on Sale at www.cogsmd.org
For more information
contact COGS Administrator, Becky Sieck at
info@cogsmd.org

All proceeds to benefit Neighbor Ride and the Howard County Office on Aging's Vivian L. Reid Community Fund.

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Eldersburg, MD 21784
PHONE 443-609-3640
FAX 443-609-3627
E-MAIL cara.testerman@2ndfamily.com
WEB www.2ndFamily.com

Cara Testerman, Community Liaison

2nd Family Home Health Services, LLC focuses on personalized, quality, loving care and provides support to seniors in their homes, retirement communities, and rehabilitation facilities. From a few hours a week to live-in care, 2nd Family customizes a care plan for each family's situation, budget, personality and unique needs. Using our staff of Alzheimer's certified caregivers, a Registered Nurse oversees your personal care with scheduled updates. 2nd Family improves the lives of seniors throughout Baltimore, Carroll, Frederick, and Howard Counties. Give us a call to arrange a free, in-home consultation.

A PLACE FOR MOM

PHONE 443-540-0681
FAX 866-333-0287
E-MAIL jeannem@aplaceformom.com
WEB aplaceformom.com

Jeanne McMahon, Community Advisor for Howard County, Montgomery County and Washington DC

A Place For Mom is the largest Senior Living Advisory & Referral Service in North America. We have over 20,000 partner providers of Home health, Assisted Living,Alzheimer's Memory Care, Independent Living, Senior Apartments, Respite and Hospice Care. There is no fee for our services.

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Towson, MD 21286
PHONE 410-828-7700
FAX 410-828-7708
E-MAIL hmurphy@abilitiesnetwork.org
WEB www.abilitiesnetwork.org

Heather Murphy, Director of Move Management Services

Abilities Network provides customized services to children, adults and families of differing abilities that focus on one-on-one support to foster broadened, more inclusive communities through education, training and advocacy. Specifically, we offer downsizing and move coordination services to seniors through our Senior Services program.

ALLCARE ASSOCIATES HOME CARE

8495 Reservoir Road, Suite B
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PHONE 301-604-2273
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WEB www.allcareassociates.com

Roger Zeender

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Timonium, MD 21093
PHONE 410-561-9099 / 800-272-3900
FAX 410-561-3433
E-MAIL mnaugle@alz.org
WEB www.alz.org/maryland

Cass Naugle, Executive Director

The Alzheimer's Association is dedicated to eliminating Alzheimer's disease through the advancement of research, enhancing care and support for all affected and reducing the risk of dementia through the promotion of brain health.

PATRON MEMBER

AUGSBURG VILLAGE

6811 Campfield Road
Baltimore, MD 21207
PHONE 410-413-1365
FAX 410-653-8744
E-MAIL rmeyers@augsburg.org
WEB www.Augsburg.org

Rhonda Meyers, Assisted Living Marketing Manager

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— Featured in Forbes, December 2012 issue, "Women of the Mid-Atlantic"

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Lisa Eyler, Office Manager

BRG provides physical, occupational & speech therapy services to patients in their home, ALF, or one of our out-patient clinics.

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Linda Cromwell, Founder/President

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FAX 410-910-9448
E-MAIL Eleonora.Don@BrightStarCare.com
WEB www.BrightStarCare.com/Howard-County

Eleonora Don-Minevich, Director of Marketing/Owner

BrightStar is a full service, RSA licensed, Joint Commission Accredited, healthcare staffing agency. We provide skilled and non-medical homecare services to clients within their private homes, assisted living facilities, senior living communities, and hospitals. We provide the full continuum of homecare services from 1 hour up to 24/7, as well as live-in care with RN oversight on every case. All of our caregivers are direct employees, have been background checked, drug tested, licensed, bonded and insured.

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FAX 410-788-5024
E-MAIL alemay@bvsl.net
WEB www.brightviewcatonsville.com

Alan LeMay, Community Sales Director

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Toni Davis, Director of Marketing

Senior living services including Independent Living, Assisted Living, Skilled Nursing, Short Term Rehabilitation, Respite and Memory Support.

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Ellicott City, MD 21043
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FAX 301-363-4670
E-MAIL bonnie.danker@carepatrol.com
WEB http://www.carepatrol.com/

Bonnie Danker, C.S.A Certified Senior Advisor

Care Patrol is a FREE Senior Referral and Placement Firm. We Assist Families in Finding Quality Assisted Living, Alzheimer's Care, Nursing Homes and other senior related services. We will personally meet with you and provide information and insight on the different types of care, and housing options that meet your needs. "Helping Families Make Better Choices"

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Dan Scherr, Partner

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Susan Amos, Founder and Lead Senior Move Manager

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WEB www.columbiaassociation.com

Michelle Miller, Director of Community Services

Columbia Association provides programs and services designed to enhance your well-being and quality of life. The Senior Advisory Committee advises CA on the needs of maturing adults.

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WEB dakotadownsizing.com

Eileen Golian, Owner

Dakota Downsizing offers personalized services to assist older adults as they began to part with their possessions. We organize and evaluate what items to sell or donate - coordinating the disposition of one room or an entire household. Our clients include seniors selling their house or reducing clutter in their current home, adult children helping parents with unplanned transitions, and executors of estates needing to liquidate remaining household assets.

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E-MAIL howard@comforcare.com
WEB http://howard.comforcare.com

James Sang, President and Director of Operations

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DEBORAH L. HERMAN, CPA

3036 Patuxent Overlook Court
Ellicott City, MD 21042
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E-MAIL dhermancpa@aol.com

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Deborah Herman

Accounting practice performing tax preparation and consultation services for individuals, businesses, estates and trusts; volunteer coordinator for AARP Tax-Aide program.

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E-MAIL jkonovalov@dedicatedbillingsolutions.com
WEB www.dedicatedbillingsolutions.com

Julia Konovalov, Co-Owner/Client Relations Executive

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E-MAIL evwilkinson@gmail.com
WEB www.ENT-Physician.com

Eric Wilkinson, Business Manager

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PHONE 410-323-1700
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E-MAIL mmcgraw@elizabethcooneyagency.com
WEB www.care-network.com

Mary McGraw, Community Outreach Liaison

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Chaz Noakes, Admissions Director

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E-MAIL jeff@elvilleassociates.com
WEB www.elvilleassociates.com

Stephen R. Elville, Esq.

The mission of Elville and Associates is to provide practical solutions to our clients' problems through counseling, and superior legal technical knowledge. Elville and Associates Engages clients in a multi-step educational process to ensure that estate, elder law and special needs planning works from inception, throughout lifetime, and at death. Clients are encouraged to take advantage of the Planning Team Concept for leading-edge, customized planning.

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Kelly Cureton

We want to help people age in place and do it safely. We rent equipment such as ramps, wheelchairs, hospital beds and much more. We also do home modifications as we are CAPS Certified (Certified Aging In Place Specialists). We can put in grab bars, hand held showers, transfer benches, etc. Our main goal is to educate people on the amazing products that are out there and help them problem solve to live in their homes for longer. We just opened a state of the art, interactive showroom where caregivers and patients can learn about the products and make educated decisions.

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17401 Norwood Road
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PHONE 301-924-7530
E-MAIL pgunn@friendshouse.com
WEB www.friendshouse.com

Paris Gunn, Admission Coordinator

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PHONE 1-800-480-3225 (Option 3)
FAX 410-832-7789
E-MAIL bruce.goodman2@genesishcc.com
WEB http://selectcare.genesishcc.com

Bruce Goodman,
Business Development Manager - Select Care

SelectCare is the licensed private duty home care agency side of Genesis Staffing Services. Our home care professionals improve the lives we touch through the delivery of high-quality health care and everyday compassion. We serve individuals in private homes, retirement communities, senior housing, assisted living, group homes, long term care centers, hospitals and rehabilitation facilities in the Maryland counties of Baltimore, Harford, Howard, Prince George's, Anne Arundel and Montgomery.

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9700 Patuxent Woods Drive, Suite 131
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PHONE 410-381-4340
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E-MAIL clarice.moore@gentiva.com
WEB www.gentiva.com

Clarice Moore, Sr. Home Health Specialist

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PHONE 443-849-8200
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WEB www.GilchristHospice.org

Yolanda Pitts, Business Development Manager

Gilchrist Hospice Care provides physical, emotional and spiritual support to patients with a life limiting illness.

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GOLDEN OAK ELDER LAW, P.C.

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Ellicott City, MD 21041
PHONE 410-964-9700
E-MAIL boboshops@gmail.com

Mark Bobotek, Owner

We help families get peace of mind about their wills, powers of attorney and health care documents, and how to pay for the possibility of expensive long term care. We have a comfortable home-based office in Ellicott City and a caring staff.

GUIDE TO RETIREMENT LIVING SOURCEBOOK

PHONE 410-581-6873
FAX 410-581-6874
E-MAIL bsnyder@gwpi.net
WEB www.retirement-living.com; www.proaging.com

Barbara Snyder, Associate Publisher

A publication and website offering comprehensive and comparative information on senior housing and aging-in-place options throughout the mid-Atlantic region. Celebrating 24 years of service to seniors, their families and the providers who refer to businesses for these clients. We provide an effective way to market your business to all 3 targeted groups.

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7566 Main Street, Suite 101
Sykesville, MD 21784
PHONE 410-881-0588
FAX 410-881-0586
E-MAIL Shannon@ElderPractice.com
WEB www.ElderPractice.com

Shannon Hammond, Esq., Founding Partner

Hammond Law, LLC is a boutique elder law firm, focusing exclusively on long-term care and estate planning, guardianship, trust administration and probate. We assist clients and their families in navigating public benefits eligibility, while implementing sound asset protection strategies to preserve clients' resources to the greatest extent possible. Shannon Hammond has been named a Super Lawyers® Rising Star in the practice of Elder Law in 2013, 2014 and 2015. Hammond Law is dedicated to compassionate advocacy for the aging and disabled, and is founded on the principle that comprehensive planning protects families, futures and legacies.

HARMONY HALL ASSISTED LIVING

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Columbia, MD 21044
PHONE 410-531-6000
FAX 410-531-0291
E-MAIL jgrimmel@lorienhealth.com
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Julia Grimmel, Admission Coordinator

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FAX 410-415-6620
E-MAIL bkerzner@healthtrends.us.com
WEB www.healthtrends.us.com

Boris Kerzner, M.D., Founder/CEO

Health Trends is a Baltimore based business which consults with clients, caregivers and families who are navigating health & assistive technology in order to maintain independence while aging in place safely.

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HEARTLAND HOSPICE

4 East Rolling Crossroads, Suite 307
Catonsville, MD 21228
PHONE 240-444-3190
FAX 410-719-0241
E-MAIL hkrach@hcr-manorcare.com
WEB heartlandhospice.com

Heather Krach, Account Liaison

Heartland Hospice provides care to patients wherever they call home: in the house they've lived in for years, a skilled nursing center, an assisted living facility or independent living facility. Every patient is different. With different challenges, different needs, different family and friends. So the care we give each patient is different. Our caregivers work with patients to create individualized care plans and set personal goals. They encourage patients to make the right decisions on their own behalf and help fill their lives with meaningful experiences. Pain and symptoms are managed so patients can be as comfortable as possible. Our social workers and spiritual counselors help patients and families share thoughts, hopes, concerns and dreams.

HEARTLANDS SENIOR LIVING VILLAGE

3004 North Ridge Road
Ellicott City, MD 21043
PHONE 410-313-9414
FAX 410-461-8233
E-MAIL ladavis2@5sqc.com
WEB www.heartlandsseniorlivingvillage.com

Lee Davis, Marketing Consultant

Our retirement community is located on 48 beautiful acres of land with nature paths, apartments, cottages, an indoor pool, restaurant style dining, and much more. Heartlands of Ellicott City is a monthly rental retirement village that provides independent living, assisted living, short-term stays, respite care, and physical and occupational therapy. We are a leading provider of senior housing in Howard County with over 26 years of experience. Call today to schedule a tour!

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PHONE 410-848-5379
FAX 410-386-1164
E-MAIL sherine.blahnik@lhcgroup.com
WEB www.lhcgroup.com

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Sherine Blahnik, Patient Care Representative

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HOME INSTEAD SENIOR CARE

3691 Park Avenue
Ellicott City, MD 21043
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FAX 410-349-2322
E-MAIL anne.kaiser@homeinstead.com
WEB www.homeinstead.com/147

Anne Kaiser, Community Service Manager

Nation's largest provider of non-medical senior care. Our compassionate caregivers are screened, trained, bonded and insured. Care for 2 hours, up to 24/7. Services include transportation, meal preparation, light housekeeping, medication reminders, personal care, respite care and more. VA Preferred Provider. Licensed, MD Dept. of Health. Providing care to families in Howard, Anne Arundel and W. Baltimore counties for over 18 years.

PATRON MEMBER

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Owings Mills, MD 21117
PHONE 410-654-3300
E-MAIL apropst@homewithyou.net
WEB www.homewithyou.net

Angela Propst, Owner

Provides quality home care assistance for seniors to remain safe and independent in their homes. Services include; meal planning, personal care and bathing, medication reminders, transportation to Dr. appointments and shopping, laundry, companionship, and more. Our loving caregivers are screened, bonded and insured. We give families peace of mind and our clients the dignity and respect they deserve.

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Columbia, MD 21045
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WEB
http://www.homewatchcaregivers.com/baltimore-west

Kathryn Parks, President / Owner

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Roxanne Farrar, Continuing Education Coordinator

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WEB www.hcgh.org

Leslie Rogers, Director of Patient Support Services

Howard County General Hospital, A member of Johns Hopkins Medicine, is a private, not-for-profit, community health care provider. We are a comprehensive, acute-care medical center specializing in women's and children's services, surgery, cardiology, oncology, orthopedics, gerontology, psychiatry, emergency services, and community health education. The professional staff is comprised of over 900 physicians and allied health professionals, representing 90 specialties and subspecialties.

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HOWARD COUNTY MENTAL HEALTH AUTHORITY

9151 Rumsey Rd., Suite 150
Columbia, MD 21045
PHONE 410-313-5706
FAX 410-313-7374
E-MAIL mansel@hcmha.org
WEB www.hcmha.org

Marsha Ansel, Psychogeriatric Coordinator

The HCMHA insures the availability of quality mental health services through education, prevention, community & interagency partnerships-including psychogeriatric support services/ consultation.

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HOWARD COUNTY OFFICE ON AGING

6751 Columbia Gateway Dr., 2nd Floor
Columbia, MD 21046
PHONE 410-313-6410
FAX 410-313-6540
E-MAIL aging@howardcountymd.gov
WEB www.howardcountyaging.org

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Ofelia Ross Ott, Home and Community Based Services Division Manager

The Howard County Office on Aging, a division of the Department of Citizen Services, is the principal agency that plans, advocates, develops, coordinates, and provides programs and services for seniors and their family members.

GOLD MEMBER

INTEGRACE COPPER RIDGE

710 Obrecht Road
Sykesville, MD 21784
PHONE 410-795-8808
FAX 410-795-8893
E-MAIL deborah.adler@integrace.org
WEB www.copperridge.org

Deborah Adler, Director of Admissions and Community Relations

Integrace Copper Ridge is a specialized community dedicated to supporting persons living with dementia and their loved ones. Services available include: - neuropsychiatric evaluations; - short-stay evaluations; - respite care; - assisted living; - short term rehabilitation; - skilled nursing care; - support and education for caregivers. For more information, please contact Deborah Adler at deborah.adler@integrace.org or by calling 410-795-8808.

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FAX 410-465-7484
E-MAIL cobrien126@gmail.com
WEB www.newassistedliving.com

Chris O'Brien, Owner

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PHONE 410-368-8979
FAX 410-368-3525
E-MAIL jrichard@stagnes.org
WEB www.stagnes.org

James Richardson, Chief of Geriatric and Palliative Medicine Saint Agnes

I do outpatient and inpatient geriatric and palliative medicine consultations at St. Agnes Hospital for families, social agencies and other physicians. Please call my office for more information about my practice or to request a consultation.

JESSICA ROWE ELDERCARE CONSULTING, LLC

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Columbia, MD 21044
PHONE 443-980-2914
E-MAIL jessicarowe100@gmail.com
WEB www.jessicaroweeldercare.com

Jessica Rowe, LCSW-C

Consultation, assessment, navigation of the aging services network, and caregiver support for older adults and their families. Presentations to professional and community groups on topics related to aging and caregiving.

LAW OFFICE OF STACEY R. BERGER

10420 Little Patuxent Parkway, Suite 495
Columbia, MD 21044
PHONE 410-992-0110
FAX 410-964-2697
E-MAIL staceyberger@bergerestatelaw.com

Stacey Berger, Esq.

My practice is dedicated to estate planning and administration and elder law issues, including any tax matters that arise in these situations. Concentrating in wills, trusts, powers of attorney, probate, special needs,long-term care planning and mediation, I operate on the principle of solving small problems before they become big problems.

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5850 Waterloo Road, Suite 140
Columbia, MD 21045
PHONE 443-420-4096
FAX 443-583-0222
E-MAIL larry@blosserlaw.com
WEB www.lifecarelegal.com

Larry Blosser

Attorney Larry Blosser provides elder law, estate planning and estate administration services. Larry Blosser is accredited by the Department of Veterans Affairs (VA) and counsels veterans and their families regarding the full range of VA benefits available.

LAW OFFICES OF RICHMOND DAVIS

5525 Twin Knolls Road, Suite 325
Columbia, MD 21045
PHONE 410-730-5550
E-MAIL rtpdavis@verizon.net
WEB www.rdaviselderlaw.com

Richmond Davis, Esq, Attorney At Law

An attorney for over 25 years, Richmond Davis offers personal attention and reasonable fees for all your estate planning (wills, trusts, etc.) and elder law needs. A Georgetown Law grad, his practice empasizes counseling to ensure that you get the help you need, delivered with compassion and professionalism. Richmond Davis has served on Maryland's Commission on Aging and is a member of the National Academy of Elder Law Attorneys as well as State and local bar association groups focused on estate planning and elder law.

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PHONE 240-459-8490
E-MAIL karen@ellsworthlaw.net
WEB ellsworthlaw.net

Karen Ellsworth, Esq.

Karen serves a diverse group of clients in estates and trusts matters, from those requiring simple estate planning to those who require more sophisticated tax planning. As the parent of a disabled adult child, she understands the unique needs associated with special needs planning. She handles wills, special needs and other trusts, elder law, guardianships, powers of attorney and advance directives. Karen also has experience representing and assisting personal representatives in estate administration and probate matters.

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Columbia, MD 21045
PHONE 410-997-4228 (Columbia Office)
410-266-1009 (Annapolis Office)
E-MAIL vrocco@panix.com
WEB www.SeniorsAdviser.com

Valerie Rocco, P.C.

The Law Offices Of Valerie A. Rocco, P.C., located in Columbia and Annapolis, Maryland, provides clients with competent, cost conscious advice and solutions. Valerie Rocco, founder and principal of the firm with over 34 years experience, focuses the practice in the areas of estate planning, Probate Administration, Wills, Trusts, Powers Of Attorneys, Living Wills, Guardianships, Adoptions, and long term care planning. To schedule an appointment call 410-997-4228 (Columbia) or 410-266-1009 (Annapolis). Member: Anne Arundel Estate Planning Council and the National Academy Of Elder Law Attorney (NAELA). For more information regarding the firm and areas of practice, visit, www.SeniorsAdviser.com

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LAW OFFICES OF RICK TODD

8160 Maple Lawn Blvd, 2nd Floor
Fulton, MD 20759
PHONE 240-786-4915
FAX 410-970-6519
E-MAIL rick@columbiaestateplanning.com
WEB www.ColumbiaEstatePlanning.com

Rick Todd, Attorney

I am an affordable estate planning attorney located in Columbia and Fulton. If you require an attorney to help you distribute your property to your loved ones through a will or trust, or to help with the administration of an estate, I'm available to assist you.

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PHONE 301-498-8899
E-MAIL katie@letsmovellc.com
WEB letsmovellc.com

Katie Davis, New Business Development Manager

Let's Move LLC provides customized organization and move management services for seniors including full service move coordination (rightsizing, packing, and unpacking services; estate clear-outs, sale and donation management; staging, floor planning, and aging in place services).

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LIGHTHOUSE SENIOR LIVING AT ELLICOTT CITY

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Ellicott City, MD 21043
PHONE 410-465-2288
FAX 410-465-5188
E-MAIL lgricheck@lighthouseseniorliving.com
WEB www.lighthouseseniorliving.com

Lauren Gricheck, Director of Community Relations

Lighthouse Senior Living of Ellicott City provides a caring, homelike setting for seniors that need varying degrees of assistance. The staff is tenured, well-trained and compassionate. The environment is safe, secure, fun and exciting. Lighthouse is scheduled for expansion and further improvements in the coming months!

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LUBA SERVICES, INC.

1005 Frederick Road
Catonsville, MD 21228
PHONE 410-869-7840
FAX 410-869-7842
E-MAIL info@lubaservices.com
WEB www.LubaServices.com

Richard Held, Administrator

Luba Services, Inc. is a licensed Home Care Agency that provides assistance to seniors needing help at home, hospitals, assisted living centers, skilled nursing facilities and hospice settings. We provide certified nursing aids in a time frame ranging from 4 to 24 hours per day.

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9531 Frederick Rd
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PHONE 410-465-2005
E-MAIL dsnyder@clvillage.org
WEB www.MillersGrant.org

Donna Snyder

The Lutheran Village at MILLER'S GRANT is under construction and regulated by the Maryland Department of Aging. MILLER'S GRANT participates with Howard County in the Moderate Income Housing Unit Program.

MEALS ON WHEELS OF CENTRAL MARYLAND, INC.

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PHONE 410-730-9476
FAX 443-573-0971
E-MAIL fanning@mowcm.org
WEB www.MealsOnWheelsMd.org

Amanda Fanning, Southwest Regional Manager

To enable people to live independently at home through the provision of nutritious meals, personal contact and related services. By helping clients remain living independently in their homes, Meals on Wheels supports their continued integration in the social fabric of the community, prevents premature institutionalization, and allows them to age in place with dignity.

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Jeannie Finnegan, CDP (Certified Dementia Practitioner), Owner/Consultant
Therapeutic Music & Dementia Care Consultant/Guest Speaker/ Educator/Writer. Currently consult with care communities in the Greater Baltimore area and Montgomery County to provide customized therapeutic music and dementia care engagement programming for residents of long-term care and adult day care. Provide education and training to staff, families, and the general community on many topics and strategies to enhance quality of life for those with Alzheimer's and dementia. Instructor - Johns Hopkins Osher Lifelong Learning Institute, Course title "The Power of Music."

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Anne Myers, Development Officer
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PHONE 410-715-0930
FAX 410-715-1870
E-MAIL mallen@morningsidehouse.com
WEB www.morningsidehouse.com

Margot Allen, Director of Sales and Marketing
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E-MAIL director@neighborride.org
WEB www.neighborride.org

Bruce Fulton, Executive Director
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PHONE 301-570-0525
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E-MAIL cgreen@olneymemorycare.com
WEB www.olneymemorycare.com

Christina Green, Marketing and Community Relations

Olney Assisted Living Community is a memory care specific community for seniors with Alzheimer's disease and other types of dementia. Led by an experienced team of professionals, Olney Assisted Living provides compassionate care in a thoughtfully designed environment, including a secure courtyard and walking paths. It offers personalized care based on each residents experiences and abilities, healthy, well balanced meals based on a Mediterranean diet, and life enrichment programming with the goal of enhancing cognition, feelings of accomplishment, and quality of life

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Columbia, MD 21046
PHONE 443-539-6077
FAX 410-740-1906
E-MAIL dgutierrez@youroasisadvisor.com
WEB http://www.oasisseniorad visors.com

David Gutierrez, Senior Living Advisor

Oasis Senior Advisors is a FREE service for seniors and their families to help them identify the 'perfect fit' senior living option whether it be assisted living, independent living or a memory care community. Our dedicated, compassionate Senior Living Advisors will work with seniors and their loved ones to identify health care needs, budget concerns, and personal and geographic preferences, and will work one-on-one with each senior and their family to help them find the 'perfect fit' senior living community for their specific situation.

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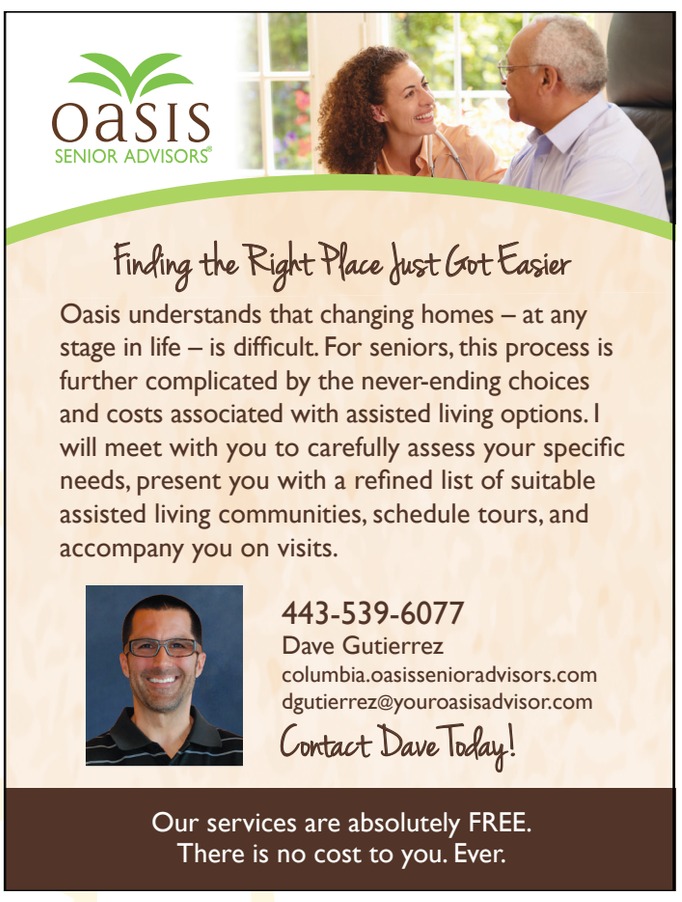

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John Weigel, Community Relations Manager

OPTIONS for Senior America has provided the finest in personal home care since 1989. Services are customized to the precise needs of our care recipients, and programs are structured in a flexible manner to allow for changing circumstances. At OPTIONS we care for the comfort and happiness of our clients and for the peace of mind of their families.

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FAX 443-283-3914
E-MAIL twhaley@paladin-advisor.com
WEB www.paladin-advisor.com

Toni Whaley, Financial Planner

As a Professional Member of the American Association for Wartime Veterans, Paladin Advisor Group specializes in helping veterans and their families with VA Benefits and long term care needs. For over 25 years, Paladin Advisor Group has been helping clients reduce financial uncertainty in their lives. Retirement planning, investments, college planning, pension and 401k strategies are all part of the daily conversations in their practice.

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Zibby Koppelman, EVP, Business Development

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PHYLLIS MADACHY

8410 Adderley Avenue
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PHONE 301-596-5418
E-MAIL pmadachy@verizon.net

Phyllis Madachy, Consultant, Aging and Health

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Michael Mooney, Managing Partner

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E-MAIL gvalentine@phri.com
WEB www.professionalhealthcare.com

Gisele Valentine, Director of Business Development

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FAX 410-505-9361
E-MAIL jill@lapidesgroup.com
WEB www.lapidesgroup.com

Jill Lapides, Realtor, Seniors Real Estate Specialist, MPH, ABR

For 30 years I've worked with seniors and children of aging parents; and understand the special assistance needed with emotional, financial, and logistical issues.My Clients will have a plan of action, concerns clarified in a respectful way, and clear explanations to guide them through a complex selling process. They will benefit from an extensive network of licensed professionals in home repair and staging, estate planning, and downsizing. My commitment and compassion greatly eases the anxiety for older adults as they transition from a private home.

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E-MAIL info@rebuildingtogetherhowardcounty.org
WEB www.rebuildingtogetherhowardcounty.org

Ann Heavner, Executive Director

Rebuilding Together is the largest national non-profit organization dedicated to providing free home repairs to low income homeowners. The local affiliate assists Howard County residents live in homes that are safe, warm and dry.

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FAX 443-517-6673
E-MAIL tjoseph@regenthealth.com
WEB www.regenthealth.com

Tricia Joseph, Community Relations Manager

Regent Healthcare provides the highest quality in homecare by promoting and supporting optimum independence; while helping to maintain ones dignity and enhance their quality of life.

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WEB http://www.rightathome.net/howard-county

Mary Beth Luber, Community Relations

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E-MAIL dbakalich@seniorcarelifestyles.com
WEB www.SeniorCareLifestyles.com

Deborah Bakalich, Owner, Certified Senior Advisor

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PHONE 410-977-1356
FAX 877-846-8556
E-MAIL jrosenthal@southerntrust.com
WEB www.JayInReverse.com

Jay Rosenthal, Reverse Mortgage Specialist at Southern Trust Mortgage NMLS# 450438

Southern Trust Mortgage is an experienced originator of Reverse Mortgages. We try to help homeowners, 62 years of age and older, use the equity in their homes without having to make a payment. The loan need not be repaid until they have left their home. They never give up ownership of their property and can never owe more than their home is worth. A Reverse Mortgage can be used to purchase a home as well.

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Stuart Rosenthal, Publisher

The Beacon is a free monthly publication for readers 50+, focusing on health and fitness, law and money, technology and innovation, housing options, travel and the arts. Separate editions of The Beacon cover Howard County, Greater Baltimore and Greater Washington, and together reach more than 350,000 readers. We also have an interactive website and produce annual 50+ Expos and Resource Guides. For free copies or advertising information, or to become a Beacon distribution site, please contact us.

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PHONE 410-465-6900
FAX 410-465-6922
E-MAIL TheSilverGroup@BobLucidoTeam.com
WEB www.BobLucidoTeam.com

Victoria Hathaway, REALTOR, CSA, CSHP, SRES, Director of The Silver Group

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FAX 410-667-0433
E-MAIL eplatt@theoptiongroup.net
WEB www.theoptiongroup.net

SEE OUR AD ON PAGE 26

Ellen Platt, Geriatric Care Manager

A Certified Geriatric Care Manager (GCM) can help families navigate longevity by conducting assessments, offering consultation, and providing recommendations for seniors or those with disabilities. The goal is to ensure the highest level of safety, independence and comfort as possible by determining the most appropriate plan of care for aging in place at home, or identifying alternatives to care. The GCM can provide one-time assessments, care plan implementation, active case management, or ongoing monitoring to coordinate resources for seniors and their caregivers to establish a safe environment and provide peace of mind.

THE VILLAGE IN HOWARD, INC

P. O. Box 363
Fulton, MD 20759
PHONE 301-346-5331
E-MAIL info@TheVillageInHoward.org

Pamela Johnson, Treasurer

The Village in Howard is a member-based COMMUNITY of Howard County residents 55 and older who want to continue to live independently in their homes and communities. Membership benefits include, social and cultural activities, access to various services such as transportation, home repair from vetted contractors, and assistance with simple house maintenance and more. These benefits enable members to actively age in place.

UNIVERSITY OF MASSACHUSETTS BOSTON

100 Morrissey Boulevard
Boston, MA 02125
PHONE 410-262-2413
E-MAIL leekathreen@yahoo.com

Kathreen Greeley

Management of Aging Services (MS) Graduate Program

VANTAGE HOUSE RETIREMENT COMMUNITY

5400 Vantage Point Road
Columbia, MD 21044
PHONE 410-992-1241
FAX 410-964-8439
E-MAIL jordanj@vantagehouse.org
WEB www.VantageHouse.org

Jennifer Jordan, Marketing Coordinator

Vantage House opened in 1990 as Howard County's only full-service retirement community offering a maintenance-free lifestyle with easy access to health services. Vantage House offers both Life Care and Fee for Service plans and has 222 residential apartments, 26 rooms of assisted living and 44 nursing beds. Vantage House's Health Center is rated 5-Star by the Center for Medicare & Medicaid Services (CMS).

VANTAGE POINT RX, LLC

Lutherville-Timonium, MD 21093
PHONE 410-375-7583
E-MAIL info@vantagepointrx.com
WEB www.vantagepointrx.com

Marcia Bennett, Founder/Publisher

The mission of VantagePoint RX is to help Maryland Boomers and Seniors live happier, healthier lives by creating opportunities for positive life change. Through a variety of offerings, the goal of this new website and supporting educational outreach programs, is to help aging Marylanders make informed decisions, with greater clarity for better outcomes. Website content and service providers' events offer insights, activities and resources to promote learning from different vantage points. Finance, Law, Health and Home are the core areas where information and vantage points are presented.

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VISITING ANGELS

6505 Ridenour Way E, Unit 1B
Eldersburg, MD 21784
PHONE 410-730-4115
E-MAIL kimberlyb@mdvisitingangels.com
WEB www.visitingangels.com/eldersburg/home

Kimberly Baugh, Director of Marketing

Visiting Angels has long been the Leader for "In-Home Care for Seniors". We provide assistance with medication administration/ reminders, dressing, bathing, light housekeeping and transportation to doctors appointments. Maryland State Licensed. Hospice trained, Alzheimer's certified. Accepting Part time - Full time - and Live in cases in Carroll, Howard , Anne Arundel and Baltimore Counties. Visiting Angels has been nationally recognized as receiving the 2013 Best of Home Care Services by Home Care Pulse.

PATRON MEMBER

The Option Group, LLC
Care Management & Consulting
Ellen S. Platt, MEd, CRC, CCM
Certified Geriatric/LifeCare Manager

Certified Geriatric/LifeCare Managers, Nurses and Rehabilitation Counselors conduct assessments, coordinate care and put services in place to assist caregivers, families or appointed guardians to ensure the highest level of safety, independence & comfort as possible for their loved ones.

Services include:

* Individual and Family Assessments
* Long Distance Caregiver Coordination and Support
* Care Plan Development and Implementation
* Care Community Identification and Placement Services
* Community Service Coordination and Liaison
* Cognitive Screenings
* Medical Coordination
* Family Consultation
* Consumer Education
* Crisis Intervention
* Ongoing Monitoring
* Senior Transportation
* Patient Advocacy

P.O. Box 72 Hunt Valley, MD 21030 410-667-0266

Friday, September 11, 2015 6-10 p.m.
The Great Room at Historic Savage Mill, 8600 Foundry Street
Savage, MD 20763

Featuring:
A fabulous silent auction, casino gaming entertainment, dinner, dancing and more!
Tickets on Sale at **www.cogsmd.org**
For more information
contact COGS Administrator, Becky Sieck at **info@cogsmd.org**

ALL PROCEEDS TO BENEFIT NEIGHBOR RIDE AND THE HOWARD COUNTY OFFICE ON AGING'S VIVIAN L. REID COMMUNITY FUND

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ABOUT COGS

The Coalition of Geriatric Services (COGS) is a non-profit organization of public agencies, private companies and individuals who provide services to older adults. COGS was established in Howard County in 1991 and currently has over 200 individuals representing organizations from the Baltimore/Washington area. Its mission is to foster communication, cooperation and education among the providers of geriatric services so that we can work towards a common goal of enhancing the quality of life for older adults.

A volunteer board of directors and a variety of committees plan program meetings, monitor legislation, develop membership and provide education information to its members and the community at large. COGS has been widely recognized for its effectiveness in linking business and service providers with individuals in search of special services beneficial to older adults, or who need help in developing new services.

Now more than ever, geriatric service providers must work together to meet the needs of the growing older adult population. Together through the benefits of networking, communication, problem solving, education and training, we can make a difference.

For more information on becoming a member of COGS, contact us by email at info@cogsmd.org or by mail: COGS, P.O. Box 2131, Ellicott City, MD 21041.

2015 BOARD OF DIRECTORS

Officers:

President: Victoria Hathaway, *The Bob Lucido Team of Keller Williams Integrity*

Vice President: Tamara Orr, *Gentiva Health Services*

Secretary: Jill Joseph, *The Beacon Newspapers*

Treasurer: Deborah L. Herman, *CPA*

Board Members:

Linda Cromwell, *Being There Senior Care, LLC*

Bonnie Danker, *Care Patrol*

Lee Davis, *Heartlands Senior Living Village*

Karen Ellsworth, *Law Office of Karen S. Ellsworth*

Pamela Johnson, *The Village in Howard County*

Leslie Rogers, *Howard County General Hospital*

Jay Rosenthal, *Southern Trust Mortgage*

Ofelia Ross-Ott, *Howard County Office on Aging*

Jessica Rowe, *Jessica Rowe ElderCare Consultation*

Deb Valenza, *Home Call of Maryland*

Emeritus Members:

Kathy Chrystal

Charlie Fiore

Nate Miller

Manus O'Donnell

Administrator: Becky Sieck

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2015 EXECUTIVE MEMBERS

It is with great pride and pleasure that we recognize the following organizations and individuals for their commitment and support of the Coalition of Geriatric Services.

PLATINUM MEMBERS

Howard County General Hospital –
A Member of Johns Hopkins Medicine

The Beacon Newspapers

GOLD MEMBERS

Being There Senior Care, LLC

Howard County Department of Citizen Services

SILVER MEMBERS

Brooke Grove Retirement Village

Deborah L. Herman, CPA

Ellicott City Healthcare Center

Home Call of Maryland

Oasis Senior Advisors

The Bob Lucido Team of Keller Williams Integrity

BRONZE MEMBERS

Earl Wilkinson, M.D. ENT

Gentiva Home Health an Affiliate of Kindred at Home

Homewatch Caregivers

Integrace Copper Ridge

Lighthouse Senior Living at Ellicott City

Paladin Advisor Group

Professional Healthcare Resources, Inc.

PATRON MEMBERS

Alzheimer's Association – Greater Maryland Chapter

Freedom Mobility

Genesis SelectCare

Home Instead Senior Care

Home With You Senior Care

Ivy Manor Normandy, Inc.

Let's Move, LLC

Luba Services, Inc.

Neighbor Ride, Inc.

New Life Assisted Living

Right At Home In-Home Care & Assistance

Visiting Angels

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Membership Application

Joining COGS is simple! Simply visit our website, www.COGSMD.org and click on the "Join Us" link to complete the application process. If you prefer, you may complete the below application, and mail it along with your check to: COGS, P.O. Box 2131, Ellicott City, MD 21041.

Organization:_____

Membership Level (Circle One):

General Patron Bronze Silver Gold Platinum

See the Membership Benefits on page 28 for Details on Each Level

For current Membership Rates, please visit our website at www.COGSMD.org or email us at info@cogsmd.org

First Name:_____ **Last Name:**_____

Title:_____ **Phone Number:**_____

E-Mail:_____ **Organization Website:**_____

Organization Address:_____

City:_____ **State:**_____ **Zip Code:**_____

Organization Industry:_____

Organization Description: _____

_____

_____

_____

_____

Password for website: (Please select a password which you will use to log on to view your accounts on our website):_____

Optional: How did you hear about us?_____

_____

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MEMBERSHIP BENEFITS

GENERAL MEMBERS

- Listing in COGS Annual Directory – If a Member Before 3/31
- Recognition on COGS Website
- Free attendance at all Membership Meetings (except the Annual Meeting)
- Can purchase advertising in the Annual Directory

PATRON MEMBERS

ALL of the above PLUS:

- Recognition on siganage at Monthly Meetings
- Enhanced listing in the COGS Annual Directory
- Two Tickets to the Annual Meeting and Breakfast Buffet

BRONZE MEMBERS

ALL of the above PLUS:

- Included in newspaper "Thank You" ad
- Included in the Recognition Slideshow (Displayed at Meetings and 50+Expo)
- Receives Framed Certificate
- One Ticket to COGS Fall Fest

SILVER MEMBERS

ALL of the above PLUS:

- One additional ticket to COGS Fall Fest (Total 2)
- Free Quarter Page Ad in COGS Annual Directory

GOLD MEMBERS

ALL of the above PLUS:

- Two additional tickets to COGS Fall Fest (Total 4)
- Free Half Page Ad in COGS Annual Directory

PLATINUM MEMBERS

ALL of the above PLUS:

- Two additional tickets to COGS Annual Meeting (Total 4)
- Two additional tickets to COGS Fall Fest (Total 6)
- Free Full Page Ad in COGS Annual Directory

For current Membership Rates, please visit our website at www.COGSMD.org or email us at info@cogsmd.org

All memberships expire on December 31st of each year. In order to be listed in the COGS Annual Membership Directory, dues MUST be received by March 31st.

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Thank You

Coalition of Geriatric Services (COGS) Executive Members

It is with great pride and pleasure that the COGS members and Board of Directors thank the following executive members for their commitment and support over the past year. Because of their efforts, our work in serving the senior population of Howard County has been extremely successful.

SAVE THE DATE
COGS' Casino Night
Friday, September 11th
The Great Room at Savage Mill
Dinner, Dancing, Casino
Entertainment, Open Bar
Tickets: www.cogsmd.org

PLATINUM MEMBERS

HOWARD COUNTY GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

The Beacon
IN FOCUS FOR PEOPLE OVER 50

GOLD MEMBERS

Department of CITIZEN SERVICES
Aging • Children's Services • Consumer Affairs

BEING THERE
Senior Care, LLC

SILVER MEMBERS

Brooke Grove Retirement Village • Deborah L. Herman, CPA
Ellicott City Healthcare Center • Home Call of Maryland
Oasis Senior Advisors • The Bob Lucido Team of Keller Williams Integrity

BRONZE MEMBERS

Earl Wilkinson, M.D. ENT • Gentiva Home Health an Affiliate of Kindred at Home
Homewatch Caregivers • Integrace Copper Ridge • Lighthouse Senior Living at Ellicott City
Paladin Advisor Group • Professional Healthcare Resources, Inc.

WHO WE SUPPORT

As public and private funds are reduced for non-profit organizations, COGS helps generate funds through special events and sponsorships for the following organizations:

Neighbor Ride - Neighbor Ride is a volunteer-based nonprofit that has been providing door-to-door transportation for Howard County residents, age 60 and over, since 2004. Transportation to destinations within a 900 square mile area is provided for medical appointments, social outings, religious services, shopping, fitness activities and other day-to-day needs.

Food on the 15th - Started in 2006, by Julie Rosenthal, Food on the 15th is a program that delivers free groceries and toiletries to economically challenged senior citizens in Howard County, Maryland. We operate on $0 overhead, as all foods are donated and parents, students and teachers volunteer their time to collect, sort, bag and deliver.

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Department of
CITIZEN SERVICES
Aging • Children's Services • Consumer Affairs

The Vivian Reid Community Fund - The Vivian Reid Community Fund provides emergency financial assistance to older adults in Howard County whose needs cannot be met by public funds. The fund began with an initial donation from Vivian Reid, a former administrator of the Howard County Office on Aging, and continues today thanks to generous donations from the local community.

HOWARD
COMMUNITY COLLEGE

HCC Scholarship Fund- COGS has established a scholarship fund for the benefit of students enrolled in the Certified Nursing Assistant (CNA) Theory and Clinical Course in the Continuing Education Division at Howard Community College (HCC).

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Category	Name of Organization	Phone Number
Appraisers and Auctioneers	Paradigm Experts	703-650-5034
Attorneys	Carney, Kelehan, Bresler, Bennett & Scherr, LLP	410-740-4600
Attorneys	Elville & Associates, P.C.	443-393-7696
Attorneys	Golden Oak Elder Law, P.C.	410-964-9700
Attorneys	Hammond Law, LLC	410-881-0588
Attorneys	Law Office of Stacey R. Berger	410-992-0110
Attorneys	Law Office of Larry A. Blosser, P.A.	443-420-4096
Attorneys	Law Offices of Richmond Davis	410-730-5550
Attorneys	Law Office of Karen S. Ellsworth	240-459-8490
Attorneys	Law Offices of Valerie A. Rocco, P.C.	410-997-4228 (Columbia Office) 410-266-1009 (Annapolis Office)
Attorneys	Law Offices of Rick Todd	240-786-4915
Caregiver Support Services	Alzheimer's Association-Greater MD Chap.	410-561-9099 800-272-3900
Caregiver Support Services	Gilchrist Hospice Care	443-849-8200
Caregiver Support Services	Health Trends - Health & Assistive Technology	410-415-5816
Community Organizations	Columbia Association	410-715-3000
Community Organizations	The Village In Howard, Inc	301-346-5331
Educational Organizations	Howard Community College	443-518-4972
Educational Organizations	Vantage Point RX, LLC	410-375-7583

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Category	Name of Organization	Phone Number
Financial and Insurance Services	Deborah L. Herman, CPA	410-461-6992
Financial and Insurance Services	Dedicated Billing Solutions, LLC	202-390-3966
Financial and Insurance Services	Paladin Advisor Group	443-283-3482
Financial and Insurance Services	Pilot Financial	410-381-5652
Financial and Insurance Services	Southern Trust Mortgage	410-977-1356
Financial and Insurance Services	Taking Care of Business, Inc.	410-730-6062
Foundations/Human Service Organizations	Abilities Network	410-828-7700
Foundations/Human Service Organizations	Meals On Wheels of Central Maryland, INC.	410-730-9476
Foundations/Human Service Organizations	Metropolitan Washington Ear	301-681-6636
Foundations/Human Service Organizations	Neighbor Ride, Inc.	410-884-7433
Foundations/Human Service Organizations	Rebuilding Together Howard County	410-381-3338
Geriatric Care Management Services	Jessica Rowe ElderCare Consulting, LLC	443-980-2914
Geriatric Care Management Services	The Option Group Case Management and Consulting	410-667-0266
Geriatric Care Management Services	University of Massachusetts Boston	410-262-2413
Government Agencies	Howard County Office on Aging	410-313-6410
Hearing Care Services	Earl Wilkinson, M.D. (ENT)	410-964-5226
Home Health Care Agencies	2nd Family	443-609-3640
Home Health Care Agencies	AllCare Associates Home Care	301-604-2273
Home Health Care Agencies	Being There Senior Care LLC	410-971-8999

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Category	Name of Organization	Phone Number
Home Health Care Agencies	BrightStar Care of Howard County	410-910-9425
Home Health Care Agencies	ComForcare Home Care Services of Howard County	443-315-4020
Home Health Care Agencies	Elizabeth Cooney Care Network	410-323-1700
Home Health Care Agencies	Genesis SelectCare	1-800-480-3225 (Option 3)
Home Health Care Agencies	Gentiva Home Health an Affiliate of Kindred at Home	410-381-4340
Home Health Care Agencies	Heartland Hospice	240-444-3190
Home Health Care Agencies	Home Call	410-848-5379
Home Health Care Agencies	Home Instead Senior Care	410-461-7700
Home Health Care Agencies	Home With You Senior Care	410-654-3300
Home Health Care Agencies	Homewatch CareGivers	410-715-9175
Home Health Care Agencies	Luba Services, Inc.	410-869-7840
Home Health Care Agencies	Options For Senior America	410-448-1100
Home Health Care Agencies	Professional Healthcare Resources, Inc.	410-368-2825
Home Health Care Agencies	Regent Healthcare	410-872-0310
Home Health Care Agencies	Right At Home In-home Care & Assistance	410-461-2055
Home Health Care Agencies	Visiting Angels	410-730-4115
Hospitals	Howard County General Hospital	410-740-7890
Housing Options	A Place For Mom	443-540-0681
Housing Options	Augsburg Village	410-413-1365

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Category	Name of Organization	Phone Number
Housing Options	Brightview Catonsville	410-788-5001
Housing Options	Care Patrol	410-218-5588
Housing Options	Harmony Hall Assisted Living	410-531-6000
Housing Options	Heartlands Senior Living Village	410-313-9414
Housing Options	Ivy Manor Normandy, Inc	443-831-1147
Housing Options	Lighthouse Senior Living at Ellicott City	410-465-2288
Housing Options	Lutheran Village at MILLER'S GRANT	410-465-2005
Housing Options	Morningside House of Ellicott City	410-715-0930
Housing Options	New Life Assisted Living, Inc.	410-926-0419
Housing Options	Oasis Senior Advisors	443-539-6077
Housing Options	Senior Care Lifestyles, LLC	410-977-3718
Housing Options	Olney Assisted Living	301-570-0525
Housing Options	Vantage House Retirement Community	410-992-1241
Individual Members	Phyllis Madachy	301-596-5418
Medical Supplies/Equipment	Columbia Medical Supply	443-832-4244
Medical Supplies/Equipment	Freedom Mobility	443-878-5335
Medical Supplies/Equipment	Mid-Atlantic Medical Supply & Equipment	410-363-2279
Medical/Dental Providers	James P. Richardson, M.D., M.P.H.	410-368-8979
Mental Health Services	Howard County Mental Health Authority	410-313-5706

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Category	Name of Organization	Phone Number
Moving and Organizing	Changing Keys by Susan	443-370-2356
Moving and Organizing	Dakota Downsizing	443-545-4912
Moving and Organizing	Let's Move LLC	301-498-8899
Newspapers/Publications	Guide to Retirement Living SourceBook	410-581-6873
Newspapers/Publications	The Beacon Newspapers	410-248-9101
Physical Therapy	Baker Rehab Group	301-662-1997
Real Estate Consultants	Re/Max 100 - The Lapides Group	410-428-2346 410-730-6100 410-715-3361
Real Estate Consultants	The Bob Lucido Team of Keller Williams Integrity	410-465-6900
Rehabilitation and Nursing Centers	Brooke Grove Retirement Village	301-260-2320
Rehabilitation and Nursing Centers	Ellicott City Healthcare Center	410-461-7577
Rehabilitation and Nursing Centers	Friends Nursing Home	301-924-7530
Rehabilitation and Nursing Centers	Integrace Copper Ridge	410-795-8808
Stress Management Services	Melodies & Memories, LLC	410-900-8811
Transportation Services	Med-Care Transportation	410-375-6915

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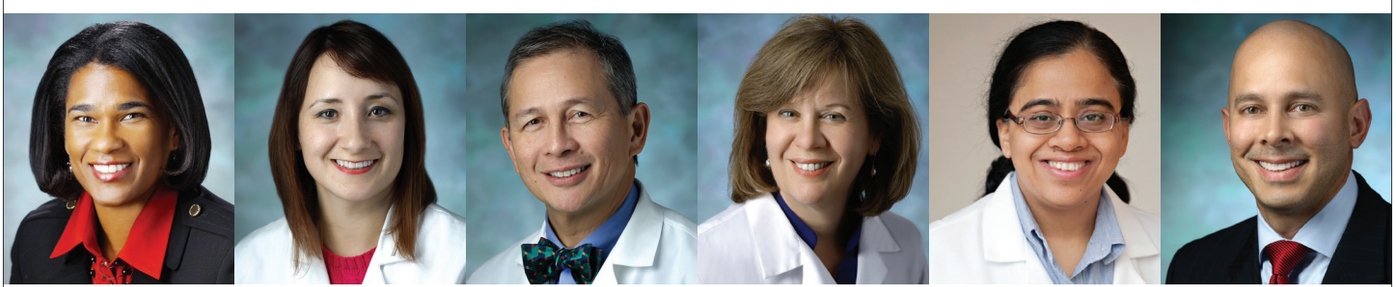
Your Sweet Dreams Team

Johns Hopkins Center for Sleep

Getting restful sleep is critical to your overall health. At the **Johns Hopkins Center for Sleep**, we care for patients of all ages, from evaluation and diagnosis through treatment and follow-up. New research and technologies—including "at-home" options—are changing how we care for patients.

We manage the full spectrum of sleep disorders, including:

Insomnia • Sleep Apnea • Circadian Rhythm Disorder • Restless Legs Syndrome • Narcolepsy • REM Sleep Behavior Disorder • Sleep Walking and Sleep Eating



Our medical team, from left: Charlene Gamaldo, M.D.; Rachel E. Salas, M.D.; Francis Chuidian, M.D.; Carmen Salvaterra, M.D.; Seema Gulyani, NP, Ph.D.; and Luis Buenaver, Ph.D.

Call us today at **800-WE SLEEP** (800-937-5337)
View our online video series for tips on better sleep at **hcgh.org/sleep**

Conveniently Located at Howard County General Hospital

Inpatient Sleep Lab
Howard County General Hospital
5755 Cedar Lane
Columbia, MD 21044

Outpatient Clinic
Medical Arts Building (next to the hospital)
11085 Little Patuxent Parkway, Suite 201
Columbia, MD 21044

HOWARD COUNTY GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

FREE CONSULTATION

Baby boomers are caring for aging parents in record numbers, while also trying to manage full-time careers. With a growing need for professional, compassionate care, Being There Senior Care can assist in helping with a full spectrum of medical services for seniors throughout the Baltimore Metropolitan Area. We can also provide ongoing, regularly scheduled care with Certified Nursing Assistants, Geriatric Nursing Assistants, Companions, and Live-in Caregivers as well.

LINDA CROMWELL, OWNER

BEING THERE
Senior Care, LLC

Compassion, dignity, and peace of mind...

- Personal private duty care available, short and long term care 24/7
- In-home, assisted living and nursing home care
- Assistance with tasks of daily living, including bathing and taking medications
- In-home meal preparation and cleanup
- Help with personal correspondence, recording personal histories and reading newspapers or books to clients
- Respite care to caregivers

BEING THERE SENIOR CARE LLC

Serving Baltimore and Surrounding Counties

410-971-8999

BOARD MEMBER OF THE HOWARD COUNTY COALITION OF GERIATRICS SERVICES

www.beingthereseniorcare.com

- *Top 100 MBE Award* • *2011 Enterprising Women of the Year Award*
- *Woman of Distinction Award 2011 from Business Woman's Networking of Howard County*