

Senior Services

Name	Website	Contact	Comments
Frederick County Aging and Independence	frederickcountymd.gov/54/Aging-and-Independence	301-600-1234 1440 Taney Avenue Frederick, MD 21702	County Division with extensive services for seniors who are residents. Carolyn True, Division Director
SOAR	soarfrederick.org/	240-575-9665 info@soarfrederick.org	Assists Frederick County's 65 and older residents whose monthly incomes do not exceed \$2,100, through either direct financial assistance or by accessing other resources on their behalf.
Centro Hispano de Frederick	www.centrohispanodefreesderick.org/go/1den-years	301-668-6270	Provides programming for seniors who are immigrants.
Asian American Center of Frederick	aacfmd.org/our-programs/senior-services/	Spanish: 301-694-3355, ext. 1024 kcarpio@aacfmd.org Chinese: 301-694-3355, ext. 1021 esedita@aacfmd.org	Provides programming for seniors who are immigrants. Katherine Carpio Community Health Worker (Spanish); Elly Sedita Community Health Worker (Chinese)
Frederick County Transit	www.frederickcountymd.gov/220/Transit-plus-Demand-Response-and-ADA-Par	301-600-1725 to request a trip	Demand-response service for anyone aged 60 or older and/or anyone with a qualifying disability who resides in Frederick County. Transit-plus is a shared-ride, first-come, first-served service, and operates Countywide. Must register.
Frederick County Meals on Wheels	www.frederickcountymd.gov/159/Meals-on-Wheels-Home-Delivered-Meals	301-600-3524 Casi Chandler Meals on Wheels Intake Specialist	Meals on Wheels provides two meals a day to homebound adults age 60 or older, or adults of any age with a chronic health condition or disability who meet program eligibility guidelines and live in Frederick County.