

Washington County COVID-19 Community Resources

- **Meritus Telehealth Visits**

Meritus Health now offers electronic visits. These visits will allow you to speak directly with a primary care provider to discuss your health concerns. Telehealth visits are available from 8:00am to 4:00pm, Monday through Friday. For more information and to request a telehealth appointment, please go to <https://www.meritushealth.com/patients-visitors/covid-19-telehealth-visits/>

- **Meritus COVID-19 Email & Care Line**

Do you have a question about the coronavirus, please contact either below.
COVID-19@meritushealth.com (you will receive a response within 48 hours).
301-790-9170

- **Community Free Clinic, Inc.**

249 Mill Street, Hagerstown, MD 21740
301-733-9234

Open Monday – Thursday 8:30 am – 5:30 pm

With so many individuals having to rely on unemployment with the non-essential businesses closing, the Community Free Clinic wants to ensure the community is aware we are here to help those who find themselves without medical insurance even for a short period of time. **Individuals should call 301-733-9234 to make an appointment prior to just walking in.** The Community Free Clinic can get individuals in within 24 hours (except for weekends) to see a healthcare provider.

- **The Mental Health Center of Western Maryland, Inc.**

1180 Professional Court, Hagerstown, MD 2174
301-791-3045

The Mental Health Center of Western Maryland is offering telehealth appointments. Clients need to call to set up an appointment.

- **Maryland Physicians Care (for MPC members only)**

Teledoc appointments via the My Virtual MPC app. To set this up, please visit www.MyVirtualPC.com or call 1-800-953-8854. 24 Hour nurse line is accessible by calling 800-953-8854 under option #1.

- **Martin's Grocery Stores**

Senior Shopping Hours 6:00 am – 7:00 am

Pharmacy Senior Hours on Wednesdays 6:00 am – 7:00 am

If you are a senior, ill, or at risk and would like a pharmacy associate to bring your prescription out to your car, please let the pharmacy know. You will be asked to use a Martin's Direct parking space.

- **Meritus Injury Prevention Child Car Seat Program**

In-person car seat check are suspended until further notice. Kelly Llewellyn is still available by phone to speak with families. Please call the car seat line 301 790 8366 and schedule an appointment time.

- YMCA of Hagerstown**
 1100 Eastern Blvd N, Hagerstown, MD 21742
 (301) 739-3990
 The YMCA is providing childcare for essential staff in the community. Please call to inquire.
- CVS Free Prescription Delivery**
 To set this up, please visit <https://www.cvs.com/content/delivery>.
- Hagerstown Parks and Recreation**
 At Hagerstown Parks & Recreation, we have converted many of our programs to digital format and are now offering “virtual classes” in which people can participate from the safety and comfort of their own homes. Some are free, some have a fee. Please visit <https://www.hagerstownmd.org/1486/Virtual-Classes> for a full listing of virtual classes.
 50 Miles More - Hub City 100 Miler Extended Challenge!
 Continue the Hub City 100 Miler Challenge for 50 more days!! Keep your body moving to help conquer stress and anxiety. Complete 1 mile a day for 50 days and stay connected with the 100 Miler community! Register for the 50 Miles More Challenge for \$5 and receive: 50 days of staying motivated and active, access to our private Facebook group, weekly motivational emails and weekly prizes to win! Join us for 50 more days of celebrating living your best life, and putting your best foot forward one day at a time! Link to register:
https://apm.activecommunities.com/hagerstownparksandrec/Activity_Search/4025
- Sheetz Launches Free Meal Program for Children in Need**
 Sheetz is proud to announce a new Kidz Meal Bagz program providing free food to help children and families in need as a result of the COVID-19 pandemic. Meal Bagz will be available all day starting Thursday, April 2 and will include a turkey sandwich, chips and a drink. The Kidz Meal Bagz program will be available at 293 stores across Pennsylvania, Maryland, Ohio, North Carolina, Virginia and West Virginia. The program will start April 2, 2020 and be available for a period of two weeks at which time it will be reevaluated based on community need. A full list of participating locations can be found here:
<https://www.sheetz.com/news/kidzmeals>
- Equipped for Life**
 Hagerstown Shopping Center
 525 Dual Hwy, Hagerstown, MD 21742
 301-714-0200
 Equipped for Life would like to share with the community that they are open and available to assist them with their medical supply needs.
- Martin’s Nutritionist Available to Answer Questions**
 If you have a nutrition question, please contact Joni Rampolla, RDN, CSOWM, LDN, Regional Nutritionist at joni.rampolla@giantmartins.com.

- **Maryland 211**

Maryland 211 provides information about community resources and connects people to basic needs assistance and other social services visit 211Md.org, or dial 2-1-1 24 hours a day, seven days a week.

- **MEALS - The Salvation Army is offering meals at the following locations:**

Soup Kitchen: meals to go: Wise Street, M-F 11a-1p, Food Boxes: 525 George Street, M-F 9a-4p, call Nicole at 301.733.2440 x 2 before arriving, Canteen: Washington/Franklin Street Municipal Parking Lot, Saturday/Sundays 11a-1p.

- **MEALS for WCPS Students**

Washington County Public Schools is participating in the Summer Food Service Program in order to provide meals during any unexpected school closures due to the novel Coronavirus (COVID-19). Meals will be provided to all children without charge. For more information, please visit

<http://wcpsmd.com/news/food-nutrition-services-providing-meals-students-community-during-school-closure>

- **Washington County Health Department Division of Behavioral Services – Harm Reduction**

The Division of Behavioral Health is closed to the public but there is staff available Monday through Friday 10:00 am to 2:00 pm for Harm Reduction services, including safer injection equipment, treatment resources, Narcan and peer support. Individuals are encouraged to call ahead to speak with staff – **240-313-3310**-. We can also provide tobacco cessation supplies and resources during that time. In addition we have supplied the follow pharmacies with Narcan for the hours we are not available:

- Reed's Pharmacy
343 N Pennsylvania Ave
Hancock, MD 21750
- Sharpsburg Pharmacy
Shepherdstown Pike
Sharpsburg, MD 21782
- Smithsburg Pharmacy
22030 Jefferson Blvd
Smithsburg, MD 21783
- Williamsport Pharmacy
100 E Potomac St
Williamsport, MD 21795
- Express Pharmacy
25 N Cannon Avenue
Hagerstown, Maryland 21740
- Walgreens (formerly Rite Aid)
924 N Burhans Blvd.
Hagerstown, Md 21742

- **Washington County Commission on Aging – 301-790-0275**

535 E. Franklin Street, Hagerstown, MD 21740

The Washington County Commission on Aging, Inc is offering the following:

Open Monday - Friday 9:00 - 5:00 pm, no walk-ins (telephonic appointments only):

- Offering telephonic appointments with Maryland Access Point Staff to do Benefits Checks-Ups, provide information regarding community resources and referrals, as well as assistance with applications.
- Meals on Wheels and Congregate Site participants are receiving meals on a modified schedule. They are receiving one hot meal and 2 weeks' worth of shelf-stable meals, as well as other toiletries, once every two weeks.
- Amy Olack, Washington County Commission on Aging, CEO, has created an educational web series on a variety of health and safety topics called "Living In", new episodes posted each week.
- Many of our classes are being streamed online LIVE: Tai Chi, Strength Training, Yoga, Spanish Class, American Sign Language, etc. These videos can be seen on our Facebook page or our YouTube channel.
- Our staff is still here each day to provide essential services to meet the needs of our community. We are offering Living Well one-on-one, our New to Medicare Workshop is scheduled for 1:00 pm, Wednesday, April 8th via webinar (register using Eventbrite link on Facebook), and we are offering the PEARLS program to seniors who are socially isolated and are struggling with depression.
- If you need us we are here! Help us help your neighbors by donating your time and/or talents today!

- **American Foundation for Suicide Prevention**

- The American Foundation for Suicide Prevention has put together a website with advice, guidance and resources for maintaining mental health during this period of social distancing and increased anxiety. <https://afsp.org/campaigns/covid-19/>
- We also have a program called [Healing Conversations](#). Experienced volunteers, who are themselves survivors of suicide loss, offer understanding and guidance in the weeks, months, and years following a suicide death. Available on the phone or by video chat, our volunteers are familiar with the isolation that so often accompanies a death of this kind, and are able to show suicide loss survivors a way forward into a world of support, by creating an opportunity for the newly bereaved to speak openly with, and ask questions of, someone who has been there, too, and truly gets it. This is a **free** service.

- **Family Healthcare of Hagerstown – 301-745-3777**

201 S. Cleveland Avenue, Hagerstown, MD 21740

Family Healthcare of Hagerstown has implemented telehealth appointments whenever possible. We also provide face-to-face visits when telehealth visits aren't feasible or appropriate. We are accepting new patients in our Family Practice and Integrated Mental Health practice. For more information and to set up an appointment, please call 301-745-3777.

- **Washington County Government - 240-313-2776**
<https://www.washco-md.net/>
 - Washington County landfill remains open.
 - Transit is operating on a modified schedule from Monday-Friday.
 - Permitting office remains opened with modifications.

- **Hagerstown Community College Student Emergency Assistance Fund**
 Provides a one-time financial stipend for students facing homelessness, illness and unemployment, forcing them to forgo their education. For more information on the fund, and to donate, go to www.hagerstowncc.edu/emergencyfund.

- **It's a Blessing to be a Blessing 240-452-9786**
 We serve the Homeless, Elderly, and Less fortunate in our community. Lunch Cart and Blessing Pantry Cart available until 1pm and we have more Free Bread @ 248 South Locust St, Hagerstown, MD. Blessing Pantry is available by appointment only. For more information, please call the phone number listed above or visit www.itsablessingtobeablessing.net. There is also a Facebook page with info.

- **Salvation Army Emotional & Spiritual Hotline - 844-458-HOPE (4673)**
 The Salvation Army of Washington County has set up a hotline for individuals who may feel stress from social isolation. The Emotional & Spiritual Hotline is available from 9:00 am to 9:00 pm every day and will provide people with an instant link to a trained person who can assist by counseling and sharing prayer with anyone that calls.

- **Food Pantries**
 Please see attached list and call for more information.

- **Local Restaurants Offering Take-Out, Drive-Thru, & Curbside Service**
 Please visit the Washington County Chamber of Commerce website for a full listing - <http://www.hagerstown.org/restaurants.html>