

# DIABETES

## Resource Guide



Where to Find Care and Support Services  
in Washington County, Maryland



Take Charge of your Health

**Developed by**

*Nutrition And Physical Activity  
Coalition of Washington County  
(NAPA) -Diabetes Subcommittee*

**January 2011**

Thank you to our sponsors for their support  
in this community service project:



*Mission:* Promote healthy behaviors,  
Prevent disease and injury, and  
Safeguard the environment.

## Washington County Health Department

1302 Pennsylvania Avenue

Hagerstown, MD 21742

240-313-3200

TTY 240-313-3391

Website: [www.washhealth.org](http://www.washhealth.org)

## Tri-State Community Health Center

130 West High Street  
Hancock, MD 21750

Phone (301) 678-7256

Fax (301) 678-6396

## DIABETIC?

We Provide Quality Testing Supplies  
and Therapeutic Footwear!

- Custom Shoe Fitting
- Finest Quality Comfort Footwear!
- You may be eligible for the following at little or no out-of-pocket cost:



- Diabetic Shoes (1 pair per year)
- Custom Made Inserts (3 pairs per year)
- In-Home Fitting - CALL TODAY!

Free Home Delivery of Testing Supplies



**SOLO**

- Code Free
- Fully Audible
- Safe & Accurate
- Easy to Use

**John Lipscomb**

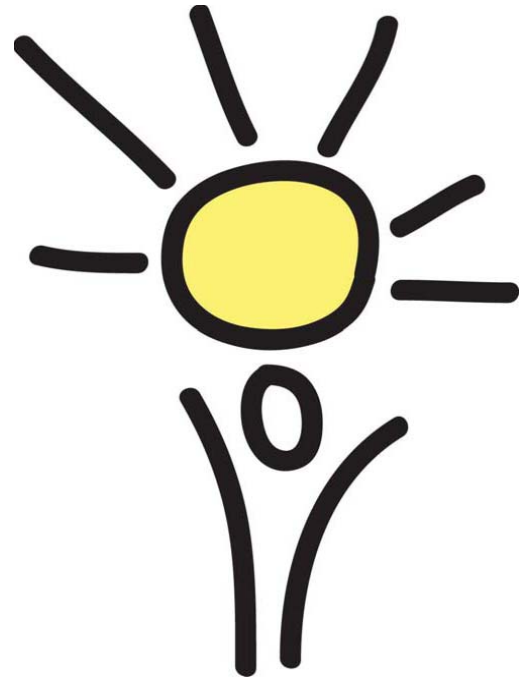
Direct: 301-996-8637

Fax: 301-797-8310

**ADVANCED  
DIABETIC SOLUTIONS**

[www.AdvancedDiabeticSolutions.net](http://www.AdvancedDiabeticSolutions.net)

# Living Well with Diabetes



## Take Charge of Your Health

...and get the most out of life through  
our **FREE** self-management workshop

### What does the workshop cover?

In the Living Well with Diabetes...Take Charge of Your Health workshop, people change by learning

- how to eat healthy and read labels
- how to communicate effectively with doctors
- how to prevent low/high blood sugars
- how to prevent or delay complications
- how to monitor your blood sugars
- how to properly care for your feet
- how to create strategies for sick days

### How does the workshop work?

Living Well with Diabetes...Take Charge of Your Health workshops run for two and one-half hours, once a week for seven weeks.

Two trained lay leaders lead the course at various locations and times throughout the county.

Participants receive a copy of *Living a Healthy Life with Chronic Conditions* and an audiotape, *Time for Healing—Relaxation for Mind and Body*.

***For more information:***

**Call 1-888-803-1518**

## **INTRODUCTION**

This guide was created to help Washington County residents at risk for diabetes or with diabetes make the most of their lives. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact the quality of life. The American Diabetes Association reports that 21 million people in the United States have diabetes. In Maryland, 8 out of every 100 adults or about 373,000 people have diabetes and another 143,000 people have it but do not know.

With this in mind, the Diabetes Subcommittee of the Nutrition And Physical Activity Coalition of Washington County (NAPA) was founded; its mission is to work to prevent or delay the onset of diabetes and its complications through education and awareness. The creation of this guide is one tool that we hope citizens will find beneficial as they take steps toward protecting and improving their health.

The information contained in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or have diabetes, consult with your doctor or health care professional.

This resource guide does not reflect any endorsement for the facilities and professionals listed. The Nutrition and Physical Activity Coalition of Washington County assumes no liability for any act or omissions of such facilities or professionals.

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# DIABETES OVERVIEW

## What is diabetes?

Diabetes is a disease in which the body does not make or properly use insulin. Insulin is a hormone that is needed to change sugar, starches and other food into energy needed for daily life.

## Major types of diabetes:

*Type 1 Diabetes* - the body no longer makes insulin which means sugar is unable to enter the cells and make energy (5-10% of cases).

*Type 2 Diabetes* - the cells do not use insulin properly. This is sometimes called "insulin resistance" (90-95% of cases).

*Gestational Diabetes* - a form of diabetes diagnosed during pregnancy (related to hormones of pregnancy, lack of insulin).

*Pre-Diabetes* - a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of Type 2 diabetes. Lifestyle change may prevent progression to a diabetes diagnosis.

## Risk factors:

- Body mass index (BMI) over 25
- Family history of diabetes
- Over age 45
- Hispanic, African American, Asian American or Native American origin
- Having a baby over 9 lbs or having gestational diabetes during your pregnancy
- Sedentary (or inactive) lifestyle
- High blood pressure
- Poor cholesterol levels

## **Symptoms of high blood glucose (hyperglycemia)**

- Increased thirst
- Increased urination
- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing cuts and sores
- Unexplained weight loss

### ***SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT***

**One out of every three people with diabetes do not know they have it.**

## **How do I get tested?**

Talk with your health care provider.

A fasting blood glucose test or oral glucose tolerance test (glucose is measured after a fast and then 2 hours after drinking a glucose rich beverage) may be used to test for pre-diabetes or diabetes.

## **Test results: What do they mean?**

*Pre-diabetes:* A fasting blood glucose level between 100 and 125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl.

*Diabetes:* A fasting blood glucose level of 126 mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher.

*Hemoglobin A1C:* The A1C test measures the amount of sugar that attaches to protein in the red blood cell. Because red blood cells live for about three months, A1C test shows your average blood sugar during this time. Normal range is 4-6. The American Diabetes Association goal for patients with diabetes is 7 or less.

## **Symptoms of low blood glucose (hypoglycemia)**

Sometimes, people with diabetes may develop low blood sugar or hypoglycemia. If left untreated, hypoglycemia may lead to unconsciousness. You should understand the symptoms of hypoglycemia and how to treat it.

- Hunger
- Nervousness
- Shakiness
- Perspiration
- Dizziness
- Light-Headedness
- Sleepiness
- Confusion

# NOTES



## CERTIFIED DIABETES EDUCATORS

### **American Association of Diabetes Educators**

100 W. Monroe, Suite 400

Chicago, IL 60603

1.800.338.3633

[www.diabeteseducator.org](http://www.diabeteseducator.org)

Has a link to finding a certified diabetes educator in your area. An ADA recognized program.

### **Meritus Endocrinology**

11110 Medical Campus Road, Suite 108

Hagerstown 21742

301.714.4041

[www.meritushealth.com/endocrinology](http://www.meritushealth.com/endocrinology)

call for hours

Most insurances accepted

Nutrition counseling, insulin pump therapy, one-on-one educational services, glucose monitoring and insulin injection training.

## COMMUNITY AGENCIES AND GROUPS

### **American Red Cross, Washington County Chapter**

1131 Conrad Court

Hagerstown 21742

301.739.0717

[www.redcrosswcmd.org](http://www.redcrosswcmd.org)

24/7 for disaster services

Disaster services: assistance after a fire, hurricane, flood, etc.

### **Community Action Council**

101 Summit Avenue

Hagerstown 21740

301.797.4161

[www.wccac.org](http://www.wccac.org)

M-F 8:30 am -12 noon ; 1-4:30 pm

### **REACH, Inc.**

140 W. Washington St., Suite 300

Hagerstown 21740

301.733.2371

[www.reachcaregivers.org](http://www.reachcaregivers.org)

M-F 8:30 am - 4:30 pm

Assistance with food, shelter, medications, etc.

**Salvation Army**

534 W. Franklin St.

Hagerstown 21740

301.733.2440

[www.salvationarmysouth.org](http://www.salvationarmysouth.org)

M-F 8:30 am - 4:30 pm

Emergency and disaster assistance

**Social Security Administration**

1710 Underpass Way Suite 100

Hagerstown 21740

301.797.1160 or 1.866.331.7125

[www.ssa.gov](http://www.ssa.gov)

M-F 8 am - 4 pm

Social Security Disability Income (SSDI); Social Security Supplemental Income (SSI); Social Security Retirement and Survivors Benefits

**Veterans Services - Hagerstown Services center**

33 W. Washington St., Room 206

Hagerstown 27140

301.791.0356

[www.mdva.state.md.us](http://www.mdva.state.md.us)

M-F 8:30 am - 4:30 pm

Veterans benefits and assistance

**DIABETES EDUCATION AND INFORMATION****American Association of Diabetes Educators**

100 W. Monroe, Suite 400

Chicago, IL 60603

1.800.338.3633

[www.diabeteseducator.org](http://www.diabeteseducator.org)

Has a link to finding a certified diabetes educator in your area. An ADA recognized program.

**American Diabetes Association, Maryland Chapter**

800 Wyman Park Drive, Suite 110

Baltimore, MD 21211

1.410.265.0075

The nation-wide hotline allows callers to get answers to questions about diabetes. Hotline: 1.888.342.2383

[www.diabetes.org](http://www.diabetes.org)

**American Dietetic Association**

120 South Riverside Plaza Suite 2000

Chicago, IL 60606-6995

Has a link to find nutrition professionals in your area.

1.800. 877.1600

[www.eatright.org](http://www.eatright.org)

**Amputee Coalition of America**

1.888.267.5669

Empowers those with limb loss through education, support, and advocacy.

Assists to locate support groups, rehab centers. Has a peer visitor network.

[www.amputee-coalition.org](http://www.amputee-coalition.org)

**Children with Diabetes**

Offers on line information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences and diabetes-related news for the on-line community.

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

**Diabetes Case Management Program**

Washington County Commission on Aging

140 W. Franklin St. 4th floor

Hagerstown 21740

301.790.0275

M-F times vary

Provides nurse case manager to assess diabetic needs and provide medical management of home-bound low-income seniors with diabetes through education and resource support.

**Diabetes Exercise & Sports Association (DESA)**

1.800.898.4322

Exists to enhance the quality of life for people with diabetes through exercise and physical fitness.

[www.diabetes-exercise.org](http://www.diabetes-exercise.org)

### **Diabetes Research and Wellness Foundation**

Executive Offices

5151 Wisconsin Avenue, NW, Suite 400

Washington, DC 20016

1.202.298.9211

Diabetes Helpline: 1.800.941.4635

Funds diabetes research. Outreach through a nation-wide helpline, which allows callers to speak with a Certified Diabetes Educator (CDE). Provides information about how to manage diabetes successfully and prevent life-threatening complications. Offers free diabetes alert necklaces.

[www.diabeteswellness.net](http://www.diabeteswellness.net)

### **dLife (For Your Diabetes Life!)**

dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for Type 1 diabetes, Type 2 diabetes, and caregivers.

[www.dlife.com](http://www.dlife.com)

### **healthfinder®**

A federal website which offers reliable health information and resources.

[www.healthfinder.gov](http://www.healthfinder.gov)

### **Indian Health Service Division of Diabetes Treatment and Prevention**

1.505.248.4182

National program providing diabetes treatment and prevention for Native Americans.

[www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)

### **Joslin Diabetes Center**

1.617.226.5815

An affiliate of Harvard Medical School, this center is a diabetes institution, which focuses on research, care and education.

[www.joslin.org](http://www.joslin.org)

### **Juvenile Diabetes Research Foundation International (JDRF)**

1.800. 533.CURE (2873)

[www.jdrf.org](http://www.jdrf.org)

This is a special website of the JDRF, just for kids, to get information and support from others their age.

[www.kids.jdrf.org](http://www.kids.jdrf.org)

**LEAP (Lower Extremity Amputation Prevention Program)**

A federal government program that offers guidance on how to prevent lower extremity amputation in people with diabetes.

Free test kits are available for patients and health professionals.

[www.hrsa.gov/leap](http://www.hrsa.gov/leap)

**Living Well with Diabetes Self-Management Classes**

Living Well Coalition of Washington County

1.888.803.1518

Classes vary, call for schedule

A *free* self-management workshop to help people learn skills to manage their symptoms and get the most out of life, while living with diabetes.

**Maryland Department of Health and Mental Hygiene, Office of Chronic Disease Prevention**

1.410.767.5780

State government office that can provide diabetes statistical information and referrals for diabetes education programs in the state of Maryland.

[www.fha.state.md.us/cdp/diabetes](http://www.fha.state.md.us/cdp/diabetes)

**Maryland Dietetic Association**

1.800.794.1152

Provides nutrition resources and help in locating a registered dietitian.

[www.eatwellmd.org](http://www.eatwellmd.org)

**Maryland Podiatric Medical Association**

1.800.560.1818

Provides information on foot care and help with locating a podiatrist.

[www.marylandpodiatry.org](http://www.marylandpodiatry.org)

**Meritus Endocrinology**

11110 Medical Campus Road, Suite 108

Hagerstown 21740

301.714.4041

call for hours

Most insurances accepted

Nutrition counseling, insulin pump therapy, one-on-one educational services, glucose monitoring and insulin injection training.

Diabetes Management Education classes.

**National Kidney Foundation**

1.800.622.9010

Seeks to prevent kidney and urinary tract diseases, improve the health of those affected by these diseases, and increase the availability of all organs for transplantation.

[www.kidney.org](http://www.kidney.org)

**NIDDK** (The National Institute of Diabetes and Digestive and Kidney Disease)

1.800.860.8747

Information about diabetic eye disease, statistics, questions to ask your doctor, and a directory of diabetes organizations.

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**National Diabetes Education Program**

[www.ndep.nih.gov/index.htm](http://www.ndep.nih.gov/index.htm)

**National Diabetes Information Clearinghouse**

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

Medline Plus Health Information

**Online Resources for Diabetes**

Listing of and direct links to mailing lists and online resources; frequently asked questions about diabetes.

[www.mendoza.com](http://www.mendoza.com)

**University of Maryland Cooperative Extension**

Washington County Office

Family and Consumer Sciences

7303 Sharpsburg Pike

Hagerstown 21740

301.600.1599

Fax: 301.600.1588

[www.washington.umd.edu](http://www.washington.umd.edu)

**U.S. Centers for Disease Control & Prevention (CDC)**

1.800.232.4636

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

### **Washington County Health Department**

1302 Pennsylvania Avenue  
Hagerstown 21742  
240.313.3360

[www.washhealth.org](http://www.washhealth.org)

M-F 8 am - 5 pm

Nutrition counseling, programs to improve wellness through improved eating, physical activity and stress reduction.

### **Washington County Free Libraries**

100 S. Potomac St.  
Hagerstown 21740  
301.745.4622

Diabetes resources available: books, magazines, databases and the Internet. Trained library personnel are available to assist with locating information. Internet access and training are available (branch education options vary - inquire at your Branch Library). All services are free and open to the public. Library branches available in Boonsboro, Clear Spring, Hancock, Sharpsburg, Smithsburg, and Williamsport.

## **EYE HEALTH & LOW VISION RESOURCES**

### **American Foundation for the Blind**

11 Penn Plaza, Suite 300  
New York City, NY 10001  
1.800.232.5463

Has information about local organizations that provide services for people who are blind or have low vision. These services could help you cook, clean, take medicine, identify clothes, shop or use special tools, lighting, magnifiers, computers and mobility training to help you stay independent and safe.

[www.afb.org](http://www.afb.org)

### **Diabetes Tools for People who are Blind or have Low Vision**

"Tools and Techniques for Visual Impairment" is an article by Connie Kleinbeck R.N., C.D.E that provides an excellent list of tools that can help people with diabetes to manage their diabetes and remain independent and safe.

[www.diabetesselfmanagement.com/articles/Eyes\\_Vision/Tools\\_and\\_Techniques\\_for\\_Visual\\_Impairment](http://www.diabetesselfmanagement.com/articles/Eyes_Vision/Tools_and_Techniques_for_Visual_Impairment)

### **Foundation of the American Academy of Ophthalmology**

Helpline: 1.800.272.3937

Provides free eye health information and access to medical eye care.

[www.eyecareamerica.org](http://www.eyecareamerica.org)

**Maryland Optometric Association**

1.410.727.7800

Provides information on eye health, disease conditions, treatment and help with locating an eye doctor.

[www.marylandeyes.com](http://www.marylandeyes.com)

**National Eye Health Education Program**

1.301.496.5248

Provides education and free materials regarding eye health, disease and treatment.

[www.nei.nih.gov](http://www.nei.nih.gov)

**National Library Service for the Blind and Physically Handicapped**

1291 Taylor St., NW

Washington DC 20011

1.888.657.7323 (toll free to connect to a local library)

Provides a free library program for people who cannot use standard print material. Braille and audio books ("Talking books") are circulated to eligible borrowers in the U.S. using postage free mail. The book collection is similar to what you would find in your local library. Many magazines are available as well. You have to fill out an application before you can borrow books.

[www.loc.gov/nls](http://www.loc.gov/nls)

**The Wilmer Eye Institute at Johns Hopkins**

550 N. Broadway, 6th Floor

Baltimore MD 21205

1.800.215.6467

Provides evaluation, treatment, rehabilitation and information concerning eye health.

[www.hopkinsmedicine.org/wilmer](http://www.hopkinsmedicine.org/wilmer)

**FINANCIAL SUPPORT****Adventist Community Services Center**

27 W. Franklin St.

Hagerstown 21740

301.730.3854

[www.hagerstown22.adventistchurchconnect.org](http://www.hagerstown22.adventistchurchconnect.org)

Tuesday & Thursdays, 10 am - 3 pm

Provides Hagerstown residents with food, clothing, toiletries and household articles.

**Community Action Council**

101 Summit Avenue  
Hagerstown 21740  
301.797.4161

[www.wccac.org](http://www.wccac.org)

M-F 8:30-12, 1-4:30

Crisis intervention assistance with food bank, energy assistance, housing assistance.

**Hagerstown Community Development Department**

1 E. Franklin St. Room 401  
Hagerstown 21740  
301.739.8577

[www.hagerstownmd.org](http://www.hagerstownmd.org)

M-F 8 am - 4:30 pm

Financial and technical assistance in rehabilitation of residences and loans for renovations to make buildings accessible to persons with disabilities.

**Maryland Children's Health Program (MCHIP)**

Washington County Health Department  
1302 Pennsylvania Avenue  
Hagerstown 21742  
240.313.3330

**Medicare**

1.800.MEDICARE (633.4227)

"Medicare Coverage of Diabetes Supplies & Services" is a free publication (No. CMS-11022)- available through the above number. Visit the website below for more information about diabetes preventive services and Medicare.

[www.medicare.gov](http://www.medicare.gov)

**Meritus Medical Center**

11116 Medical Campus Road  
Hagerstown 21742  
301.790.8000  
TDD: 1-800-735-2258

[www.meritushealth.com](http://www.meritushealth.com)

24/7

Financial assistance with Meritus Medical Center bills

**Primacy Adult Care (PAC)**

P.O. Box 386

Baltimore 21203-0386

1.800.226.2142

[www.dhmh.state.md.us/mma/pac](http://www.dhmh.state.md.us/mma/pac)

Call for application

Provides a Primary Care physician, mental health services and a prescription card for medicines.

**REACH, Inc.**

140 W. Washington St., Suite 300

Hagerstown 21740

301.733.2371

[www.reachcaregivers.org](http://www.reachcaregivers.org)

M-F 8:30-4:30

Crisis intervention - assistance with food, shelter, medications, etc

**Walnut Street Family Practice**

24 N. Walnut St.

Hagerstown 21740

301.745.3777 or 301.393.3450

M,W, Th, F 8 am - 5 pm; T 10 am -7 pm

**Washington County Department of Social Services**

122 N. Potomac St.

P.O. Box 1419

Hagerstown 21740

240.420.2100

[www.dhr.state.md.us/washington.htm](http://www.dhr.state.md.us/washington.htm)

M-F 8:30 am - 4:30 pm

Medicaid, Supplemental Nutrition Assistance Program (Food Stamps), Temporary Cash Assistance (TCA), Temporary Disability Assistance, Project Home Public Assistance to Adults, HIV/AIDS Emergency Assistance

## MEDICAL SUPPLIES / PHARMACY

### **Advanced Diabetic Solutions**

John Lipscomb

20506 Tehrani Lane

Hagerstown, MD 21742

301.996.8737

[www.advanceddiabeticsolutions.net](http://www.advanceddiabeticsolutions.net)

Monday-Friday 9-5

Most insurances accepted

Provides diabetes education and supplies. Supplies include blood glucose meters, test strips, lancets, and diabetic shoes with custom inserts.

### **Community Free Clinic**

249 Mill Street

Hagerstown 21740

301.733.9234

[www.cfcwc.com](http://www.cfcwc.com)

M-F 8:30 am - 4:30 pm

Provides physician care and prescription assistance for Washington County uninsured residents.

### **Doctor Diabetic Supply**

1.800.852.1652

A direct-to-consumer distributor of diabetic testing supplies and related products.

[www.doctordiabetic.com](http://www.doctordiabetic.com)

### **Fifty 50**

1420 Valwood Parkway Suite 205

Carrollton, TX 75006

1.800.746.7505 (M-F 7:30 am to 4:30 pm CST)

Fax: 1.800.769.6906

On line store which sells diabetic supplies and foods. Half of the profits from the sale of their products are contributed to diabetes research.

[www.fifty50.com](http://www.fifty50.com)

### **Liberty Medical Testing Supplies**

1.800.963.6506

[www.diabetic-testing-supplies.com](http://www.diabetic-testing-supplies.com)

Accepts all insurances and Medicare and Medicaid. Co-pays apply although clients may apply for hardship cases for co-pays.

Provides testing supplies for diabetics - mail order service

**Medical Alert Foundation, U.S.**

P.O. Box 1009  
Turlock, CA 95381-9009  
1.800.432.5378

**Medi Charms**

P.O. Box 558  
Bryant, Arkansas 72089  
1.888.417.7591  
Sells fashionable medical identification jewelry for children through adults.  
[www.medicharms.com](http://www.medicharms.com)

**Medication Assistance Center**

324 E. Antietam St., Suite 201  
Hagerstown 21740  
301.393.3441 or 301.393.3443  
[www.meritushealth.com](http://www.meritushealth.com)  
M-F 7:30 am - 12 noon, 1-4:30 pm  
Provides access to certain brand name medicines for free to eligible individuals.  
This is provided through pharmaceutical companies. (formerly known as  
MedBank)

**N-Style ID, LLC**

P.O. Box 5965  
Incline Village, NV 89450-5965  
1.775.833.1271  
Sells fashionable medical identification jewelry for children through adults.  
[www.n-styleid.com](http://www.n-styleid.com)

***Most local pharmacists are available for diabetes consultation.***

**OPHTHALMOLOGIST / OPTOMETRIST**

**Allegany Optical**

Valley Mall, Dual Highway and Lyles Center  
Hagerstown 21740  
301.582.1771 or 301.739.0573  
[www.alleganyoptical.com](http://www.alleganyoptical.com)  
Accepts insurance plans  
Eye exams, eyeglasses, contact lenses

**Bergman Eye Center**

251 E. Baltimore St.

Hagerstown 21740

301.791.0888

[www.bergmaneye.com](http://www.bergmaneye.com)

M,W,F 8 am - 4 pm; T 8 am - 6:30 pm; Th 8 am - 6 pm

Accepts most insurances

All ophthalmic and optometric care

**Eyecare Professionals**

91 Eastern Blvd

Hagerstown 21740-5812

240.420.8888

M 10 am-8 pm; T,F 9 am-7 pm; W 9 am-4 pm; Th 9 am-8 pm; Sat 9 am-3 pm

Participates with most insurances

Complete dilated exams, retinal photos, visual fields, optic nerve mapping

**Hager Optical**

251 E. Baltimore St.

Hagerstown 21740

301.739.7713

M,W,Th,F 8:30 am-5 pm; T 8:30-6 pm; Sat 9 am-12 noon

Accepts most insurance plans

Complete comprehensive diabetic eye exams

**Longmeadow Eyecare**

1545 Potomac Avenue

Hagerstown 21742

301.797.3030

[www.longmeadoweyecare.com](http://www.longmeadoweyecare.com)

M,W,Th,F 9am-8 pm; T 9 am-6 pm; Sat 9 am-3 pm

Diabetic eye exams

**Mid Atlantic Retina Specialists**

324 E. Antietam Street, Suite 308

Hagerstown 21740

301.671.2400

M-F 8 am-4 pm

Treatment of diabetic eye disease

**Dr. Mark Teunis**

11142 Robinwood Dr.

Hagerstown 27142

301.791.2020

M,T,Th 10 am-7 pm; W,F 10 am-5 pm, Sat 9 am-12 noon

Dilated eye exam

**PHYSICAL ACTIVITY PROGRAMS**

**Get Fit Maryland**

Get Fit Maryland is an exciting 12-week walking program designed to help fight obesity, cardiovascular disease and diabetes.

[www.getfitmaryland.org](http://www.getfitmaryland.org)

**Hagerstown Community College**

11400 Robinwood Drive

Hagerstown 21742

301.790.2800 ext 478

[www.hagerstowncc.edu](http://www.hagerstowncc.edu)

The Athletic, Recreation, and Community Center (ARCC) at HCC is available to fill the fitness and recreation needs of HCC students and employees as well as the community. HCC offers a wide variety of fitness and wellness classes that are available to everyone in the community for a fee. Class catalogs are available online and at HCC.

**Hagerstown YMCA**

1100 Eastern Boulevard N

Hagerstown 21742

301.739.3990

[www.ymcahagerstown.org](http://www.ymcahagerstown.org)

Offers a wide range of classes including step, pilates, zumba, yoga, aqua toning and more for adults, as well as many classes for youth. Please visit the web site for more information about classes, the facility and becoming a member.

**Lions Camp Merrick**

3650 Rick Hamilton Place

PO Box 56

Nanjemoy, MD 20662

301.870.5858

Fax: 301.246.9108

Email: [campmerrick@aol.com](mailto:campmerrick@aol.com)

Provides week-long residential camping experiences for children with Type 1 diabetes, ages 6 –16.

[www.lionscampmerrick.org](http://www.lionscampmerrick.org)

**Total Rehab Care – Meritus Medical Center**

Robinwood Professional Center  
11110 Medical Campus Drive Suite 201  
Hagerstown 21742  
301.714.4025

A comprehensive service providing a full range of rehabilitation programs.

**Washington County Recreation Department**

1400 Robinwood Drive  
Hagerstown 21742  
240.313.2808 or 240.313.2805

[www.washco-md.net](http://www.washco-md.net)

Fitness classes, camps, and programs for all ages. Publishes a catalog of programs that are also listed online.

**PHYSICIANS**

**Endocrinology:**

**Vishal Datta, MD**

336 Mill Street  
Hagerstown 21740  
301.733.1031  
Call for hours  
Accepts insurances  
Medical management of diabetes by consultation only

**Meritus Endocrinology**

11110 Medical Campus Road, Suite 108  
Hagerstown 21742  
301.714.4041  
Call for hours  
Most insurances accepted  
Medical management of diabetes

**Family Medicine:**

**South Mountain Family Practice**

9 Saint Paul St.  
Boonsboro 21713  
301.432.0623  
M-F 8 am-12 noon, 1-4:30 pm  
Monitor medications / general care of diabetes

**Tri-State Community Health Center**

130 West High St.

Hancock 21750

301.678.7256

[www.tristatecommunityhealthcenter.org](http://www.tristatecommunityhealthcenter.org)

M-Th 8 am-8 pm; F 8 am-5 pm

Sliding fee scale for uninsured; accepts most insurance

Management / monitoring of diabetes and medications

**Walnut Street Community Health Center**

24 N. Walnut St. #100

Hagerstown 21740

301.745.3777

[www.walnutstreetchc.com](http://www.walnutstreetchc.com)

M-F 8 am-5 pm

Accept insurance, medicare /medicaid, uninsured

Family medicine physicians to manage diabetes; group and individual diabetes education by R.N.

**Geriatric Medicine:**

**Manzar Shafi**

368 Mill St.

Hagerstown 21740

301.739.4510

M-F 8 am-5 pm

Sliding fee based on income

Brief diabetic evaluation and nutrition counseling

Instruction/maintenance/medical management of diabetes

## **Internal medicine:**

### **Mary E. Money**

354 Mill St

Hagerstown 21740

301.797.0210

M,T,W,F 9 am-4:30 pm, Th 9 am-12 noon

Free meters and test strips, Office Visit management by physician and nurse practitioner.

## **PODIATRISTS / FOOT CARE**

### **Frederick Foot Care**

11110 Medical Campus Road

Hagerstown 21742

301.714.0417

M-F 9 am-4 pm

Diabetic foot care

### **Podiatry Associates of Hagerstown**

11110 Medical Campus Road Suite 100

Hagerstown 21742

301.739.1575

[www.podiatryassociatesofhagerstown.com](http://www.podiatryassociatesofhagerstown.com)

M-F 8 am-5:30 pm

Fees for service

Diabetic foot care and custom diabetic shoes, circulatory testing, medicine and surgery of the foot and ankle

### **Reconstructive Foot & Ankle Institute, LLC**

1150 Professional Court, Suite C

Hagerstown 21740

301.797.8554

[www.rfainstitute.com](http://www.rfainstitute.com)

M-F 9 am-5 pm

Usually covered by insurance

Preventative foot care, wound care, ulcer care, advanced limb salvage, custom diabetic shoes and braces, nerve, venous and arterial testing, comprehensive foot and ankle care

**Sanicola Podiatry**

372 Mill St.

Hagerstown 21740

301.790.2270

M,T,Th,F 8 am-5 pm

Insurances accepted when applicable

Diabetic foot care counseling. Non-invasive vascular testing. Custom diabetic shoes for eligible individuals.

**Scotland Podiatry PC**

1110 Professional Court Suite 101

Hagerstown 21740

301.766.9034

[www.scotlandpodiatry.com](http://www.scotlandpodiatry.com)

M-F 8 am-5 pm

Diabetic foot screening, diabetic reconstruction and limb salvage. Diabetic shoes and custom braces.

**REGISTERED DIETITIANS****Sarah E. Hammaker, RD, LDN**

10917 Coffman Avenue

Hagerstown 21740

301.524.4085

[www.practicehealth.org](http://www.practicehealth.org)

M,W,F by appointment

Fee for service, no insurance companies accepted

Individual consultation with individualized meal plan. Group consultation.

**Cynthia A. Held, MS, RD, LDN**

1140 Opal Court

Hagerstown 21740

301.797.0109

[www.ueatsmart.com](http://www.ueatsmart.com)

By appointment

Some insurance companies accepted

Individual nutrition counseling; group weight control classes, grocery shopping tour

**Meritus Endocrinology**

11110 Medical Campus Road, Suite 108

Hagerstown 21742

301.714.4041 or 301.714.4351

[www.meritushealth.com/endocrinology](http://www.meritushealth.com/endocrinology)

Accepts some insurance plans

Medical Nutrition Therapy and nutritional counseling

**Washington County Health Department**

1302 Pennsylvania Avenue

Hagerstown 21742

240.313.3200 or 240.313.3360

[www.washhealth.org](http://www.washhealth.org)

M-F 8 am-5 pm

Accepts some insurance plans and sliding fee scale.

Individual nutrition counseling. Diabetes prevention classes. Weight management classes.

**SUPPORT GROUPS****Commission on Aging**

140 W. Franklin St. 4th Floor

Hagerstown 21740

301.790.0275

[www.wccoaging.org](http://www.wccoaging.org)

Free support group provides information for individuals with diabetes at various senior locations in the county. Call for more information and schedule.

**Hagerstown Housing Authority**

35 W. Baltimore St.

Hagerstown 21740

301.733.6911 Ext 171

[www.hagerstownha.com](http://www.hagerstownha.com)

2nd Wednesday 1:30 pm, alternate between Potomac Towers and Walnut Towers

Free support group provides information, support and referrals for diabetics and interested citizens. Guest speakers featured at each meeting. Open to residents of Walnut Towers and Potomac Towers and the community at large.

**Meritus Endocrinology**

11110 Medical Campus Rd. Suite 108  
Hagerstown 21742  
301.714.4041

A casual information sharing with other people with diabetes offered by individuals who have diabetes. Call for date and location.

**TRANSPORTATION****A-1 Sedan Transportation Service**

720 Cross St.  
Hagerstown 21740  
301.791.7901  
24/7  
Sedan service, which is similar to taxi service

**American Red Cross**

1131 Conrad Court  
Hagerstown 21740  
301.739.0717  
[www.redcrosswcmd.org](http://www.redcrosswcmd.org)  
M, W, F  
Veteran transportation to VA hospital

**Community Action Council**

101 Summit Avenue  
Hagerstown 21740  
301.797.4161  
[www.wccac.org](http://www.wccac.org)  
M-F 8:30 am-12 noon; 1-4:30 pm  
Handicap accessible van service

**County Medical Transport**

15852 Falling Waters Rd.  
Williamsport 21795  
301.582.6131  
Call for appointment  
Ambulance and wheelchair van transportation to and from medical appointments

**Downtown Taxi**

9 W. Washington St.

Hagerstown 21740

240.625.9920

[www.1800taxicab.com](http://www.1800taxicab.com)

24/7

Cab fares

Local taxi services

**Miller's Cab**

12724 Greencastle Pike

Hagerstown 21740

301.797.8040

[www.millercab.com](http://www.millercab.com)

Accepts taxi voucher program for transportation

**REACH**

140 W. Franklin St, Suite 300

Hagerstown 21740

301.733.2371

[www.reachcaregivers.org](http://www.reachcaregivers.org)

M-F 8 am-5 pm

Free transportation provided when volunteers and financial assistance available.

**Washington County Health Department**

1302 Pennsylvania Avenue

Hagerstown 21742

240.313.3264

[www.washhealth.org](http://www.washhealth.org)

M-F 8 am-4 pm

Free to qualified individuals

Transportation to medical appointments to individuals with medical assistance; call 24 hours in advance for individuals who have Medicaid and no other transportation

**Washington County Public Transportation**

1000 W. Washington St.

Hagerstown 21740

240.313.2750

Paratransit 6 am-6 pm; County Commuter 6:15 am - 9:45 pm M-S

Reduced fares and passes

Transportation programs to assist seniors and persons with disabilities. Taxi voucher program.

## WOUND CARE

### **Scotland Podiatry PC**

1110 Professional Court Suite 101

Hagerstown 21740

301.766.9034

[www.scotlandpodiatry.com](http://www.scotlandpodiatry.com)

M-F 8 am-5 pm

Comprehensive diabetic foot care.

### **Wound Center**

Meritus Medical Center

11116 Medical Campus Road

Hagerstown 21742

301.790.8000

[www.meritushealth.com](http://www.meritushealth.com)

M-F 8 am-4:30 pm

Specializes in diabetic foot ulcer and leg ulcer care utilizing a multidisciplinary team approach.

This booklet was made possible through the efforts of members of the  
Diabetes Subcommittee of the  
Nutrition and Physical Activity Coalition of Washington County (**NAPA**).

The Nutrition and Physical Activity Coalition of  
Washington County (**NAPA**) is comprised of key  
community organizations and individual members  
concerned with the health of our community.

NAPA is committed to inspiring and informing  
individuals and communities to take action to  
improve their quality of life through nutrition and  
physical activity.

Washington County Nutrition and Physical Activity  
Coalition Members:

Discovery Station  
Hagerstown Housing Authority  
Hagerstown YMCA  
Maryland Cooperative Extension  
Maryland Physicians Care  
Meritus Endocrinology  
Tri-State Community Health Center  
Washington County Commission on Aging  
Washington County Health Department  
Meritus Medical Center  
Meritus Health Parish Nursing  
Washington County Department of Social Services

For more information, contact:

Lisa McCoy, RD, LDN  
Washington County Health Department  
240-313-3360  
[lmccoy@dnhmh.state.md.us](mailto:lmccoy@dnhmh.state.md.us)