

HEALTH & WELLNESS PROGRAMS

LifeStyles focuses on the holistic needs of our families. We strongly encourage families to choose healthy behaviors for the betterment of themselves and the surrounding community. We do this in multiple ways, to include:

- hosting health screenings and prevention services;
- prescription payments;
- working with tobacco sales vendors to decrease the number of underage buyers;
- and, participate in minority health seminars and information dissemination.



Compassion
Competent
Empathy
Empowerment
Innovation
Respect
Stewardship

Non-Discrimination Policy

LifeStyles of Maryland Foundation, Inc. does not discriminate on the basis of political or religious opinion, affiliation, marital status, race, color, creed or national origin, physical or mental handicap, gender or age, except when age or gender constitutes a bona fide qualification.



www.facebook.com/lifestylesofmaryland

Volunteer Your Time or Donate to a Good Cause!

LifeStyles of Maryland Foundation, Inc.

Please find enclosed my donation to assist LifeStyles, Inc. in serving my community.

Donation Amount – Please check one of the following:

I would like to donate/pledge:

<input type="checkbox"/> \$50	<input type="checkbox"/> \$100	<input type="checkbox"/> \$250	<input type="checkbox"/> \$500
<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$5,000	<input type="checkbox"/> \$10,000	<input type="checkbox"/> Other

☐ Annual ☐ One-Time Donation

Please make checks payable to LifeStyles, Inc.

Name: _____

Address: _____

Telephone #: _____

E-mail: _____

Please forward to me additional information on:

- | | |
|---|--|
| <input type="checkbox"/> Human Services | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Samaritan Project |
| <input type="checkbox"/> Safe Nights | <input type="checkbox"/> Health & Wellness |



LifeStyles, Inc.

*"Dedicated to service
through service"*

LifeStyles of Maryland Foundation, Inc.

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Satellite Office

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Toll Free: 1-866-293-0623
www.lifestylesofmd.org



OVERVIEW

LifeStyles of Maryland Foundation, Inc. is a non-profit organization and compassionate care center founded in 1998 that has worked fervently to provide services to those who are economically disadvantaged, and address the needs of our community. We have worked with individuals and agencies to make known these needs and assist in finding solutions to meet these needs.

Each year, we service approximately 13,000 – 15,000 individuals with everything from shelter, food, clothing, financial assistance, and transportation. LifeStyles connects individuals to available resources by assessing their needs, determining their eligibility and implementing necessary services.

Additionally, the organization identifies gaps and works to develop programs which bridge these gaps. These programs focus on housing, health education, human services and transportation.



HOUSING

Our housing division provides a continuum of housing resources that lead to self-sufficiency.

The “*Safe Nights*” program provides services to the homeless community, which includes overnight shelter in Charles County from October 1st – April 15th of each year. The program rotates between area churches that provide the use of their facilities on a pre-scheduled, rotating basis, providing a safe refuge, meals, bathroom facilities, and transportation at no cost to the program participants.

LifeStyles currently operates three transitional homes in Charles County: *Martha’s Place* for women and children, *Gayle’s House*, a designated domestic violence home for women and children, and the *Robert J. Fuller Transitional House* for men. Each transitional home provides persons with a stable environment that enables them to work towards addressing barriers which prohibited independence. These homes also provide and administer housing accommodations and transitional support that helps participants to identify and build upon their skills with the goal of transitioning to a higher degree of independent living, and provide supportive services to help them become self-sufficient and get a jumpstart at a new life in society.

TRANSPORTATION

LifeStyles offers options designed to meet the needs of eligible transportation-disadvantaged populations including the elderly, disabled persons and those with low to moderate income.

We provide subsidized and coordinated transportation to employment and employment-related appointments, medical appointments, grocery store, nutritional programs, post office, etc. If eligible, services may be provided throughout the Washington, D.C. Metropolitan region. We offer qualified drivers and volunteers that provide services in a compassionate and friendly manner.

SAMARITAN PROJECT

The “Samaritan Project” is a community-oriented program designed to support families and individuals by providing food, clothing, toiletries, and other household items. Food is provided to individuals requesting emergency food from our pantry. Each Thanksgiving and Christmas holiday, we distribute turkeys with food baskets and gifts serving over 3,500 individuals.

In addition, our clothing closet, “*Rosemary’s Closet*”, provides casual and professional wear for families and job seekers. “*The Market*” provides food assistance to “food desert” areas located throughout Southern Maryland. This is done through a partnership with local farmers.

HUMAN SERVICES

LifeStyles provides emergency financial assistance to support households with gap-filling needs. This includes rent, security deposit, utilities, prescriptions, and other eligible services. Case managers are available to provide supportive services, to include advocacy support, and linkages to other services. LifeStyles also serves as a Volunteer Income Tax Assistance (VITA) site, providing free tax preparation services. LifeStyles’ goal is to ensure that services are provided to promote sustainability.

Our homeless services are provided year-round, to include: access to shower facilities, phone usage, mailing address, vital records documentation, transportation, and other shelter options. Staff and volunteers conduct outreach to the homeless population in a discrete manner, providing assistance and supplies for those that are living on the streets. Information and resources are provided to connect them with available services.

Service Area

Compassionate Care Centers are conveniently located to serve your community. Compassionate Centers do not discriminate on the basis of political or religious opinion, affiliation, marital status, race, color, creed or national origin, physical or mentally handicap, sex or age, except when age or sex constitutes a bona fide qualification. For your closest center, call toll-free at 1-866-293-0623.

Hours of Operation

LifeStyles: 9:30am – 5:00pm Monday – Friday, by appointment, and 24-hour hotline.

Satellite Office (St. Mary’s): 9:30am – 5:00pm Tuesdays—Thursdays only.