

Community Health Resources for DC Residents

DC Community Health Centers

- Unity Health (Many languages) www.unityhealthcare.org
- Mary's Center (Spanish) <http://www.maryscenter.org/> ; 202-483-8196
- La Clinica del Pueblo (Spanish) <http://www.lcdp.org> ; 202-462-4788
- Community of Hope <http://www.communityofhopedc.org/> ; 202-232-9022

DC Free Clinics

- Bread for the City <http://www.breadforthecity.org/> ; 202-265-2400
- So Others Might Eat (includes eye clinic) <http://www.some.org/> ; 202-797-8806

Homeless Health

- Unity Health – Many: CCNV largest (425 2nd St, NW); Christ House respite ; www.unityhealthcare.org
- So Others Might Eat (includes eye clinic) <http://www.some.org/> ; 202-797-8806
- Community of Hope <http://www.communityofhopedc.org/> ; 202-232-9022
- Hypothermia number in DC: 1-800-535-7252 (blankets and shelter if under 32 degrees with wind chill)

HIV Care

- Newly diagnosed: DC DOH “Red Carpet” to establish quick care; <http://www.dchealth.dc.gov/> ; many phone #s based on location
- *DOH AIDS Drugs Assistance Program (ADAP)* – covers HIV meds or pays co-pays for them, limited pharmacies <http://www.dchealth.dc.gov/>

- Whitman Walker Health <http://www.whitman-walker.org/> 202-745-7000
- Unity Health www.unityhealthcare.org ; many phone #s based on location
- Family and Medical Counseling Services (Anacostia) <http://www.fmcsinc.org/> 202-889-7900

Mental health

- Community Connections (Capitol Hill) <http://www.communityconnectionsdc.org/> ; 202-546-1512

Discount prescriptions

- DOH DC Rx Prescription Drug Discount Card – free, available to ALL DC residents. Not to be used in conjunction with insurance, but patients who have insurance can use it for meds that are not covered. Will be charged cheaper of this rate or their insurance rate. Automatic discounts at most DC pharmacies.

GW Health Insurance Counseling Project

- Medicare Savings Program: Medicare eligible, up to 300% FPL can get support for co-pays, deductibles, all meds cost \$2.50 generic/\$6 brand name. Can enroll any time, even if already have Part D.
- Also handle Medicare questions, resolve unpaid bills, appeal claim denials.; 202-739-0668; 2136 Pennsylvania Ave, NW

Food/Soup kitchens

- Miriam's kitchen 2401 Virginia Ave, NW
- Bread for the City 1525 7th St, NW
- Martha's Table 2114 14th ST, NW

- So Others Might Eat 71 “O” St, NW
- Many local church soup kitchens as well
- DC Office on Aging Senior Luncheon programs - meal centers with a daily meal or will bring meals to homebound persons. Many phone #s based on location. <http://dcoa.dc.gov/DC/DCOA>

Free preventive care

- DC DOH Project WISH free mammograms women over 40yo; free pap smears over age 50 and no pap in 5yrs (includes free transportation and interpreter services): 202-442-5900, in Spanish 202-442-9128
- Diabetes Self-management Workshop –through DC Office on Aging for ANY DC resident who can make 6 weekly sessions (2.5 hours each). <http://dcoa.dc.gov/DC/DCOA>
- Free smoking cessation & nicotine replacement products (DC Quitline): 1- 800-QUIT-NOW
- Senior Wellness Centers – exercise, classes and activities through DC Office on Aging for any resident 60+yrs <http://dcoa.dc.gov/DC/DCOA>
- Free condoms: “Rubber Revolution” mailed to any DC resident 10 at a time, also dispensed at sites around city, some also have female condoms. (DC’s Doin’ It) <http://www.dchealth.dc.gov/>