

DMV RESOURCE LIST

This is a list of local resources that people with a history of cancer in the DMV area have found helpful – although eligibility is not restricted to cancer patients for many of the resources.

For support navigating benefits and community support services:

1. **Leadership Council for Healthy Communities** (202) 248-5086
2. Check with your **health insurance**, most offer benefits navigation services
3. **United Way** financial empowerment center, dial 211 for support or drop into one of 5 drop-in locations throughout D.C.

DONT KNOW WHERE TO START?

FOOD INSECURITY



Eligibility Requirements

Description of Service

Contact Information

Arcadia Mobile Market

- No ID required.
- No income requirements.
- Primarily English speaking. Cantonese speakers at Chinatown location.

Sells fresh, locally grown foods at weekly markets throughout DC. Accepts: Cash, credit/debit, SNAP/EBT, WIC, Senior FANP, and Produce Plus

- 202-281-9835
- mobilemarket@arcadialfood.org
- www.arcadialmobilemarket.org

Bread for the City



- ID required, DC Resident.
- No Income Requirements.
- Must bring proof of household size. One bag given without proof.

Offers weekly grocery pickup. Groceries can be picked up at either center, Mon-Thursday 10am-12noon and 1-3pm. Other services include employment services, financial support, legal services, and clothing

- 1700 Good Hope Rd SE, DC 20002
- 202-561-8587
- 1525 7th St NW, DC 20001
- 202-265-2400
- http://breadforthecity.org/

Capital Area Food Bank

- No Income requirements.
- Anyone can use services.
- Supplemental senior program: Seniors eligible for CSFP, CAFB, SSB

Provides free food at a variety of locations across DC, MD, and VA. Also has a supplemental program that provides groceries to eligible seniors. They provide fresh produce, donated products, and TIF-AP commodities.

- 202-644-9880
- http://www.capitalareafoodbank.org

DC Office of Aging Nutrition Program



- Adults 60+ who reside in DC.
- Website and voicemail info is available in Amharic, French, Spanish, Chinese, Korean, and Vietnamese.

Delivers prepared meals. The office also offers one-on-one nutrition counseling. Other services include benefits navigation, health support, and legal services

- 202-724-5626
- dcaci@dc.gov
- https://dcaid.dc.gov/service/nutrition

Produce Plus Benefits Program

- DC residents
- Payment made through SNAP or credit card. Various plans around \$40 per month.
- English and Spanish

Provides fresh fruits and vegetables at various pick-up locations in DC once approved for a produce plus card. Offers limited home delivery.

- (202) 686-4834
- produceplus@fhefarm.org
- http://dchealth.dc.gov/service/produce-plus-program

South Eats

- Services Mayfair-Kenilworth Parkside neighborhood.
- Orders are placed online and vary in price.
- No ID required

Offers a weekly menu to purchase low cost pre prepared meals. Provides selected meals weekly/bi-weekly/monthly.

- info@southeatscoop.com
- https://www.southeatscoop.com/

TRANSPORTATION



Eligibility Requirements

Description of Service

Contact Information

Metro Access

- People unable to use public transit due to disability
- Service only available in English.

Shared-ride, door-to-door paratransit service that provides **low-cost** transportation.

- 202-962-2700
- http://www.wmata.com/service/accessibility/metroaccess/Upload/MetroAccessApplication_Accessible.pdf

Senior MedExpress

- DC residents 60+ years old requiring essential life sustaining apps. Medicaid clients are not eligible.
- Website and voicemail in Amharic, French, Spanish, Chinese, Korean, and Vietnamese

Provides **free** round trip transportation to essential medical appointments or health-related public benefits appointments

- 202-724-6626
- https://dcyellowcab.com/seniormedexpress/

ConnectorCard

- Sliding scale fee based on income
- Seniors age 60+
- DC Resident

Participants are eligible to receive up to \$100 per month. They are provided with a Visa branded debit card which can be used for a variety of ground transportation services.

- 202-420-7534
- connectorcard@dcyellowcab.com
- www.connector-card.com
- Apply online or download application and mail it to 1636 Bladensburg RD NE

HOUSING



Eligibility Requirements

Description of Service

Contact Information

DC Department of Human Services

- \$ District residents earning less than 40% of the Area Median Income.
- 📄 Website and voicemail info available in Spanish, Amharic, and French.

The Emergency Rental Assistance Program (ERAP), The Homelessness Prevention Program (HPP), Offers rental assistance programs and other housing resources.
Other services include benefits navigation

- 📞 202-727-6365
- 🌐 <https://dhs.dc.gov/service/eviction-prevention-rental-assistance>

DC Housing Authority

- \$ Extremely low- through moderate-income households.
- 📄 Voicemail and website in English, Spanish, Vietnamese, Chinese, French, Korean, and Amharic.

Provides quality affordable housing as available.

- 📞 202-535-1000
- 🌐 www.dchousing.org/wordpress/
- For all other languages use language line to apply: 1-800-523-1798

Housing Counseling Services, Inc

- \$ Varies by program- Generally low to medium income
- 📄 Offer translation services in English, Amharic, Spanish.

Offers various housing programs to clients, including rental assistance, tenant services, and Home Purchase Assistance Programs (HPAP)

- 📞 202-667-7000
- 📧 info@housingcic.org
- 🌐 <https://housingcic.org/>

Friendship Place

- 🏠 Services provided in DC

Offers short term housing, long term housing, veteran services, and employment services

- 📞 202-364-1419
- 📧 info@friendshipplace.org
- 🌐 <https://friendshipplace.org/>
- 📍 Drop In Welcome Center 4713 Wisconsin Ave NW

UTILITIES



Eligibility Requirements

Description of Service

Contact Information

DC Utility Affordability Programs

- 📄 Must provide ID of applicant, and social security cards, proof of income, and utility bills for the household.
- 📄 Website and voicemail info available in Amharic, Chinese, French, Korean, Spanish, and Vietnamese.

Offers financial assistance, discounts, and energy efficiency programs to help with utility bills.

- 📞 311 or 202-737-4404
- 🌐 <https://doee.dc.gov/ihsp>

Greater Washington Urban League

- \$ Meet income requirements and have outstanding bills.
- 📄 Services available in English

Helps families pay their water bills during times of financial crisis

- 📞 202-793-2554
- 📧 uitake@gwu.org
- In person appointments: 202-450-2449
- 📧 khermander@gwu.org

The Office of Home Energy Programs (OHEP)

- \$ Eligibility varies by program and is based on need, household size, and income.
- 🏠 State of Maryland.
- 📄 Application available in English and Spanish

Provides bill assistance to low-income households.

- 📞 1-800-332-6347
- 🌐 <https://dhs.maryland.gov/office-of-home-energy-programs/>

MENTAL HEALTH



Eligibility Requirements

Description of Service

Contact Information

Cancer Support Community DC

- 🏠 Programs are available to cancer patients, caregivers, and loved ones.
- 📄 Spanish navigators and access to a separate language line for others.

Offers a variety of virtual programs including support groups, healthy lifestyle activities, and mindfulness programs.
Other services include patient navigation and education

- 📞 202-659-6709 ext. 4698
- 📧 info@cancersupportdc.org
- 🌐 <https://www.cancersupportdc.org/>

Hope Connections

- \$ No cost
- 🏠 Must be affected by a cancer diagnosis

Offers support groups, mind/body classes and educational and social programs. Their programs are offered both in person and online.

- 📞 301-634-7500
- 📧 info@hopeconnectionsforcancer.org
- 🌐 <https://hopeconnectionsforcancer.org/>

Smith Center for Healing and the Arts

- 🏠 Adults living with cancer and their caregivers
- 📄 Spanish-speaking navigators

Offers retreats and programs- yoga and stress reduction, creative expression, nutrition classes, and educational talks and support group
Other services include patient navigation

- 📞 202-463-8600
- 📧 info@smithcenter.org
- 🌐 <https://smithcenter.org/>