

The Twin Beaches Community Health Center is all about you! We want to meet your needs. We offer:

- physicals for work or school,
- immunizations,
- same-day appointments,
- care for chronic conditions such as diabetes and asthma,
- educational programs on high blood pressure and healthy eating,
- screenings that are free and low-cost,
- a link to community resources, and
- quality care for everyone.

People of all ages are welcome, with or without insurance. Come see us, before your health concern becomes an emergency.

Get to know us a little better. We want to know you!

Call us – we're here for you!



TWIN BEACHES COMMUNITY HEALTH CENTER

Our Fees

There are many options for payment. We will help find one that works for you.

We accept:

- Medicare
- Medicaid
- Contracts are currently being sought with other health plans.
- Sliding-fee scale and payment plans for patients without insurance.

Hours

Office hours are:
Monday – Friday
9 a.m. to 5 p.m.
Appointments are needed.



For information about any of our services, call:

(410) 257-7279

Call us anytime. We're here for you!



Twin Beaches Community Health Center

*Call Us Anytime,
We're Here for You!*



Twin Beaches Community Health Center

Affiliated with Calvert Memorial Hospital

8924 Chesapeake Avenue, North Beach, MD 20714
(next to North Beach Town Hall)



What We Offer

Primary Health Care

We offer routine care for you and your family. Same-day appointments are available.

What does this mean?

- If your child has an earache or you have a case of poison ivy, call us.
- If your baby needs an immunization shot, call us.
- If you have diabetes and are having trouble controlling your blood sugar, call us.
- If your child needs a physical before playing a sport or you need one for work, call us.
- If you require stitches or an X-ray, use Urgent Care. For very serious or life-threatening situations, call 911.

Staying Healthy

Some diseases need to be watched carefully to keep them under control. Diabetes, high blood pressure and heart problems are examples. The staff at the Twin Beaches Center can help you to monitor and manage a chronic health problem.



Getting Tested

These free or low-cost screenings are available:

- Cholesterol
- Glucose
- Blood pressure
- Stroke risk assessment
- Screenings for cancer of the prostate and colon

Learning More

We offer talks on:

- Asthma
- Healthy eating
- Stress management
- How to quit smoking
- Parenting

Want to learn more about a particular topic?

Let us know.

Who We Are

Certified Family Nurse

Practioner – a registered nurse with advanced training in family practice. Nurse practitioners can examine patients, direct medical care, order diagnostic tests, write prescriptions, and provide teaching, counseling and referrals.

Pediatrician – will be available on a part-time basis.



Nurse Case Manager – a registered nurse coordinates care and follow-up. The case manager helps patients get what they need – either at the center or in the community – *to stay as healthy as possible.*

Medical Director – a physician collaborates with our nurse practitioner regarding patient care and is available to consult when special needs arise.

Office Manager – helps patients fill out paperwork, find transportation and apply for free prescription medication, if needed.

Our Partners

All of these are conveniently located at the center:

Mental Health Services – Calvert County Health Department staff provides group, individual and family therapy for adults and children.

Help for Families who need food stamps, medical assistance or public health programs such as MCHIP (insurance for low-income children) through the county's Department of Social Services.

Child Development programs for families with young children supported by the Even Start/Twin Beaches Family Place.

*(Left to right)
Office manager, Felicia Brooks;
Case Manager, Karen Nega, RN;
Medical Director, Raymon Noble, MD and
Deborah Brower, Certified Family
Nurse Practitioner.*

