

# West Baltimore Help

FOOD \* HELP \* SHELTER \* CLOTHES \* MEDS \* COMMUNITY

Ted Morandin 410 279 3576



2025 President's Volunteer Service Award (Gold) Recipient



2025 HHH Visionary Award

# Background

- I am a retired volunteer firefighter/EMT from Prince Georges County.
- Fire departments, at least in impoverished areas like West Baltimore, are ill-prepared to deal with non-medical emergencies involving domestic violence, addiction, sexual abuse, senior and child neglect, and many other social ills.
- Baltimore Help proactively reaches out to West Baltimore's homeless population and helps them deal with these problems, resulting in fewer calls for Baltimore's fire and police departments.



# West Baltimore Help Guide

- I assembled the **West Baltimore Help Guide**. It has info on food, pantries, medical help, heating/cooling centers, drug detox, rehab, housing, maternity matters, abuse help, and the like.
- While it was originally intended to be a self-help guide, most folks approach me directly for help getting things listed in the Guide.

## West Baltimore Help Baltimore, AACO & Outta Town Help Guide

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West Baltimore Help BALTIMORE & AACO HELP GUIDE						
TYPE	ORGANIZATION	LOCATION	HOURS	PHONE	COMMENTS	
ALCOHOL - AA MEETINGS	Alcoholics Anonymous	<a href="http://baltimoreaa.org/raeetings/">baltimoreaa.org/raeetings/</a>	24/7	888 656 4010	Call for meeting times, link to left shows meet locs/times	
ALCOHOL - FAMILY SUPPORT	AA Anon	<a href="http://md-aa-aaco.org">md-aa-aaco.org</a>	24/7	410-766-7884	Support group to family members of alcoholics	
			24/7	410 534 0815	Support for teenagers living with an alcoholic parent(s)	
			M-F 9-5	410 321 3353	Help for parents who have lost son/daughter	

ANNE ARUNDEL COUNTY (AACO)						
AREA	TYPE	ORGANIZATION	LOCATION	HOURS	PHONE	COMMENTS
AACO N	CHILD - FAMILY SERVICES	Child, Adolescent & Family Services	122 N Langley Rd, Glen Burnie		410 222 4785	
AACO N	CHILD - FAMILY SERVICES	Robert A. Pascal Youth and Family Services	1215 Annapolis Rd, Odenton		410 975 0067	
AACO N	DENTAL	Family Health Center	631 Cherry Hill Rd, Brooklyn	T-Th 9 - 5	410 354 3000 x 11296	
AACO N	DENTAL	Affordable Dentures	7251 Annapague Dr, #400, Jessup		867 446 1218	
AACO N	DENTAL	Dr Hassan Nur	7364 East Furnace Branch Rd, Glen Burnie	WKS 9-5	410 424 2552	Weekends only
AACO N	DENTAL	North County Health Services	780 Aquasham Rd, #200, Glen Burnie		410 222 6861	
AACO N	DENTAL	Vale Dental Clinic	251 Naples Rd, Pasadena		410 987 9100	
AACO N	DETOK REHAB	Elevate Recovery - Glen Burnie	7474 Baltimore Annapolis Blvd, Glen Burnie	MTWTF 9-5 Th 9-6	443-960-6673	For immediate assistance on th contact 443-989-6477 and leave
AACO N	DETOK REHAB	Gaudentia - Crownsville	107 Circle Dr, Crownsville		443 423 0500	
AACO N	DETOK REHAB	Pathways	2620 Riva Rd, Annapolis	M-F 9-4:30	443 481 5400	Need Pathways pre-registratio facility and cannot always race ahead
AACO N	DETOK REHAB	Tranquility Woods	175-A Rye Rd, Pasadena	24/7	410 443 6638	
AACO N	DETOK REHAB - FAMILY	Pascal Youth and Family Services	1215 Annapolis Rd, Odenton		410 971 4508	Need AACO ICE referral
AACO N	FAMILY SERVICES	Baymeadow - Family Services	6701 Baymeadow Dr, Glen Burnie		410 222 4785	
AACO N	FOOD PANTRY	AACO Food Bank	120 Marbury Drive, Crownsville	M-F 9-3, CLOSED 12-1	410 923 4255	
AACO N	FOOD PANTRY	Brack Bridge Elementary	405 Brack Bridge Rd, Laurel	8-2:35	301-488-6280	Grades Serve: PreK-G

Questions, errors, amendments, additions and/or criticisms  
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410 279 3576  
[tmorandin@wmgrip.com](mailto:tmorandin@wmgrip.com)  
Baltimore Outreach Inc, dba West Baltimore Help has obtained this information from sources deemed reliable but does not warrant the accuracy of the information contained herein.

AREA	TYPE	ORGANIZATION	LOCATION	HOURS	PHONE	COM
AACO N	FOOD PANTRY	Brooklyn Park Healthy Food Pantry	186 Hammonds Lane, Brooklyn Park	Th 8-4	410 222 1020	
AACO N	FOOD PANTRY	Celestial Mana	110 Ritchie Hwy, Pasadena	Appt. Only go appchanch/ food	410 544 5013	

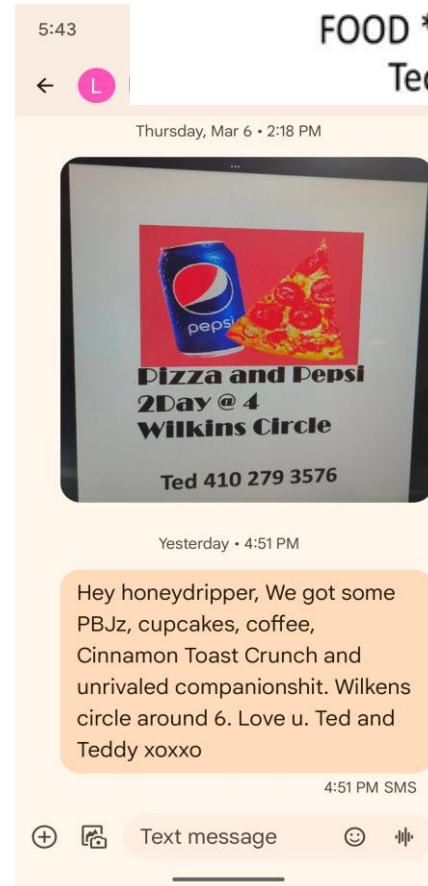
BALTIMORE						
AREA	TYPE	ORGANIZATION	LOCATION	HOURS	PHONE	COMMENTS
BALT E	DENTAL	Total Health Care	2430 Kirk Ave, Baltimore		410 883 8303 x 3	
BALT E	DETOK	Hygia Detox	Middle River		410 512 8625	
BALT E	DETOK - HOSPITAL	Johns Hopkins Bayview	4940 Eastern Ave, Baltimore	24/7	410 550 3168	Financial assistance avail
BALT E	DETOK - MEN	Physiatr Healthcare - Jopps	1005 Paladino Highway, Baltimore		301 689 8328	
BALT E	DETOK REHAB	Addiction Treatment of Maryland	9 Center Pl 1st Floor, Dundalk		410 376 6880	
BALT E	DETOK REHAB	Power8 Recovery Center	14 S Broadway, Baltimore		410 276 1770	28 day detox, 3-6 months rehab
BALT E	DETOK REHAB	Mountain Manor Treatment Center - Dundalk	1327 North Point Blvd # 205, Dundalk		410 276 0150	28 day detox, 3-6 months rehab
BALT E	DETOK REHAB - PREGNANCY - HOSPITAL	JH Bayview Center for Addiction and Pregnancy	4940 Eastern Ave, Baltimore		410 550 3066	
BALT E	FOOD - BAKKETS	Church of The Redeemer	6121 Old York Rd, Baltimore	W 30 - 12:30	410 623 0216	
BALT E	FOOD - FRUIT & VEGETABLES	Church of The Guardian Angel	2613 Huntington Ave, Baltimore	W 8 - 10		
BALT E	FOOD - FRUIT & VEGETABLES	East Baltimore Medical Center	1000 Eager St, Baltimore	M 8 - 5		
BALT E	FOOD - FRUIT & VEGETABLES	Northwood Library	6120 Loch Raven Blvd, Baltimore	SUN 1:00 - 2:30		
BALT E	FOOD BAKKETS	Church of The Messiah	3009 Greenmount Ave, Baltimore	T-11 - FOOD 12:00 - 1:00 PM	410 543 8948	
BALT E	FOOD BAKKETS	Church of The Redeemed	6121 York Rd, Baltimore	W 30-12:30	410 683 0126	
BALT E	FOOD BAKKETS	Sisters Community Action Center	1430 Federal St, Baltimore	M-F 8-5		Call before visiting

Questions, errors, amendments, additions and/or criticisms  
Ted Morandin



# Help Guide Distribution

- I invite everyone to come grab a bite on us **every Tuesday, Thursday and Saturday** by text invite and serve about 150 (800-1,200 calorie) meals a week.
- I also send info on any other food events, medical trailer locations, missing persons, and the like in the neighborhood to the same folks.
- The Help Guide has info on local prepared and pantry food locations as well.



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### Help With this Help Guide

This guide has info on hundreds of resources you need. If you need help navigating any of this, I am always around to Help.

Here is where to find:

Crisis Help – Pages 1 thru 5

West Baltimore Help – Pages 25 - 36

East Baltimore Help - Pages 17 - 25

Anne Arundel County (AACO) Help - Pages 6 - 16

Out Of Town Help – Pages 37 - 42

Please text (410 279 3576) or email ([tmorandin@morprop.com](mailto:tmorandin@morprop.com)) with any updates, additions, criticisms and/or complaints.



# Trunk Servings

- In addition to take-away PBJ lunches, we serve up cereal & milk, coffee & hot chocolate, home-baked cakes, brownies and other treats, and share info from the Help Guide.
- We also stock clothes, shoes, med/hygiene products, hats, gloves & scarfs, tools, emergency blankets, hand/toe warmers, ice water.... whatever folks need.





# Who Are Helped?

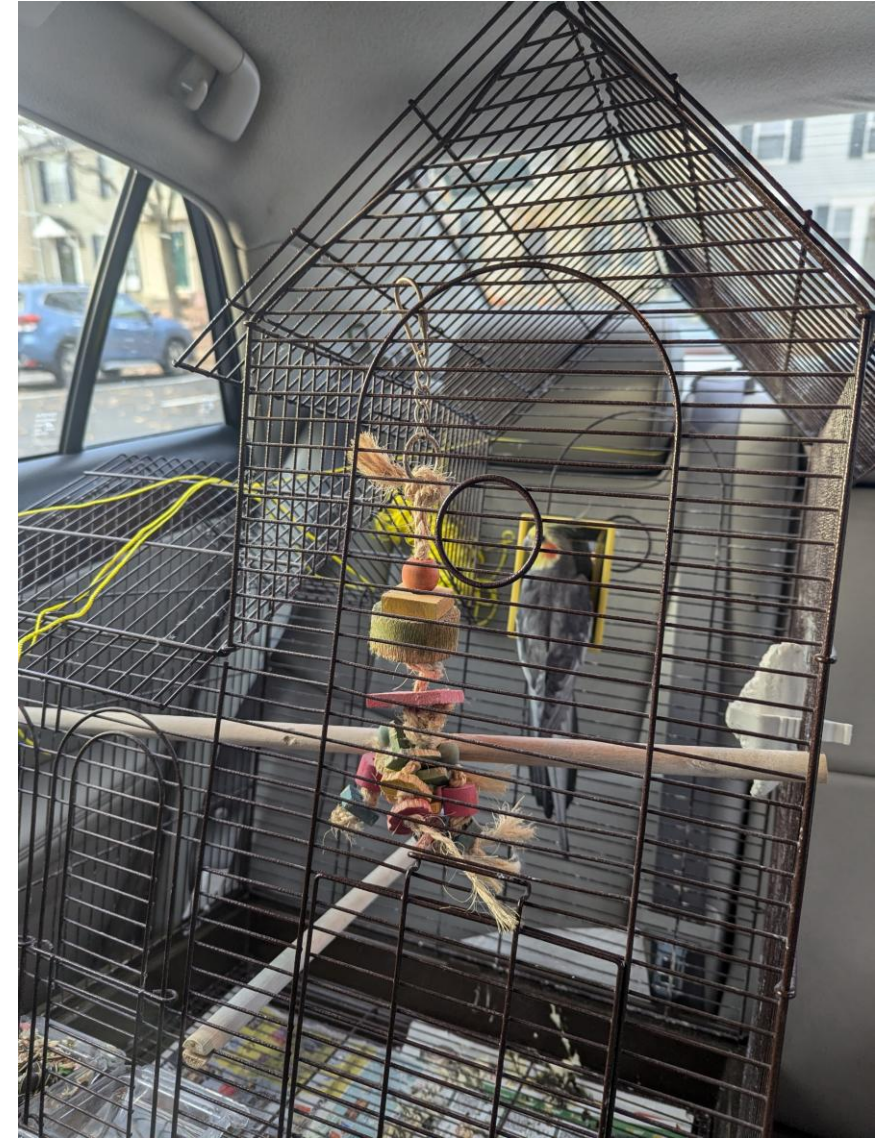
- Most requests for Help come from homeless and unsheltered unattached females from the ages of 20 – 50 who work in the sex trade and typically have a long history of opiod use, medical problems (mostly) related to long term drug use (i.e., open wounds, Cellulitis), suffered sexual violence (often by family members), lost custody of their children, are unemployed, and estranged from all family members.
- I triage this population and focus Help resources on people who are in some stage of medical distress (i.e., breathing problems, internal organ failure, severe STD/AIDS symptoms, blood and wound infections, broken/dead limbs requiring amputation, chest pain, etc.) and try to get them treatment.





# How Help Helps: The Bird is the Word

- While meeting with a woman at a half-way house, another woman approached me with a problem. She was starting a one-year drug rehabilitation program on Saturday (it was Wednesday) and asked what, if anything, she could do with her cockatoo, that was left to her by her stepfather, who had recently passed, and clearly had sentimental value.
- As it happened, another woman I see often while serving meals has a real affinity for birds. That night, I asked her if she would like to bird sit for a year and received an immediate and enthusiastic yes.
- On Friday morning, I picked up the bird from a very happy and grateful woman on her way to drug rehabilitation, and delivered it to an equally grateful and happy woman who not only cares for the bird to this day but shares stories and photos of the bird with the woman in rehabilitation, which hopefully helps them both.



# Medical Help

- Those in addiction are reluctant to obtain medical care for fear of hospital mistreatment or outright denial of care for their medical problems, so I make use of mobile medical trailers (that can be found in the Help Guide) for minor medical issues, and transport patients to obtain (generally) prescriptions therefrom.
- If the patient needs simple medical care (fight an infection/fever, drain an abscess, elevate extremities to reduce swelling, etc.), I will generally put them up for a few days at our place in Annapolis, and provide food, prescriptions and medical care.
- Where hospital visits are unavoidable, I (generally) provide transport and provide the ED registration nurse with a time-stamped patient care report w/ vitals, reason for visit, history, etc., as well as a request (orally and in writing) that the patient see a (drug) peer recovery specialist and has a (generally) a 60- to 90- minute window to do so before entering drug withdrawal. When I bring someone to a hospital for a medical problem and they want to leave AMA, I will not pick them up.





# How Help Helps: From Street to Sheet to Care

- I picked up a woman who had been assaulted and had mobility issues, extricated her from the second floor of the abandoned building where she was staying, and transported her to a hospital in Annapolis with life-threatening injuries.
- The ED doc told her she would have expired the evening she came in and the condition required an extended hospital stay, which she used to get off heroin and crack and back to her family.
- Relations between her husband and children were fraught as is often the case with this population. The woman's father was more helpful and, upon her discharge from the hospital, we met him at his home.
- At the meeting she told him she had researched long-term drug treatment facilities while detoxifying in the hospital and checked herself into a program from there.

## Note to PT for Detox Admission

We have put some time into thinking about next steps and, with any luck I'll be talking to Kim Donnelly, the program director there about what the folks at Gaudensia think is the next right step to you getting better.

Also, please get your counsellor there to get you to sign a consent form so I can get medical, treatment, housing etc info from Gaudensia. That'll really help us move forward for you.

Then call me - 410-279-3576 and let's talk tonight. I wanna make sure you are comfortable with what's next, right? Plus, I just want to hear from you 'cause you are gr8 and I love you so much!  
Call me real soon.  
Xoxox.

# Connecting Help

- While serving meals, I invite my guests to sit in my car to use my phone to check-in with loved ones, laugh or cry, eat and sleep, smoke, whatever they want, making my car a personal place of refuge for many.
- Lots of the folks I come across are estranged from their loved ones and are most often in the throes of addiction. Their loved ones are understandably worried sick about them, especially if they are off in another state.
- I have helped parents locate their children and maintain contact with them. It is almost impossible to beat homelessness alone, let alone homelessness and addiction, so parents are a key part of folks getting back on their feet.



Hey U

I am a dad. I bet your dad, or your mom, or your sister or your brother, your best friend, or whoever, would LOVE to hear from you. So you got the tools, and you can write them. I hope you do. I also bet ya that they would love to hear from someone who cares about you, is keeping an eye on you, making sure you are getting enuff to eat, staying healthy and the like, and so they have someone to call if you get out of touch and they want to check in. I hope you let me be that person for you. So come on, write down that info below and give this back to me. Let's do this.

Your name/cell \_\_\_\_\_

Mom/Dad's name/cell \_\_\_\_\_

Email addresses \_\_\_\_\_

Anything else I should know (meds you need, want to meet up, arrange a call, etc.)

Xo  
Ted

Xo Ted



# How Help Helps: Connecting Families

- A woman I put up at a hotel for a few days after taking her to a hospital and getting her prescriptions filled, decided she wanted to see her parents at the hotel.
- It is hard for parents to see their loved-ones in addiction and as hard for those in addiction to present themselves to their loved ones due to feelings of shame and failure, bad family history, and the like.
- But not this time. The meeting went well. Mom, dad and daughter re-kindled their relationship in a safe, comfortable environment, and not on the street where their daughter was living, and they, and we, are all staying in touch.



# Getting Clean Help

- I share information and resources on both self- and institutional-detoxification and rehabilitation options, usually at a sit-down restaurant or at our place in Annapolis for an overnight stay, to elevate the gravity of the discussion.
- There we form a plan together - from detox to a job. As there are currently big problems with institutional care and patients are often put out on the street while trying to get care, I also promise to pick them up if the facility they choose leaves them cold for any reason, primarily so I have a stab at convincing them to stay the course of their detoxification or rehabilitation program before they leave AMA.

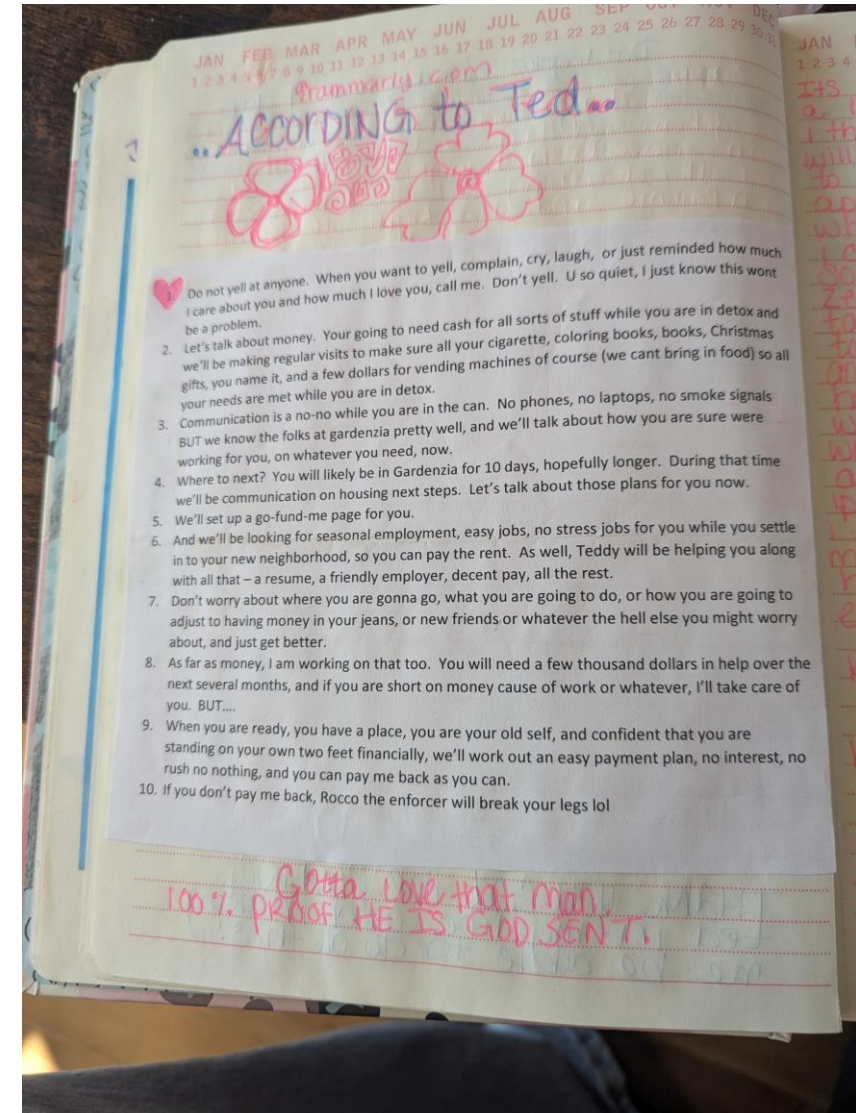
I was homeless, struggling with substance abuse/mental health issues in Southwest Baltimore. I met Ted on one of the the three days of the week that he drove around distributing sandwiches and bananas with a message of hope and his phone number written on the banana. He provided basic first aid and wound care to people that sought help. I absolutely looked forward to the days he came as sometimes those were the only times I would have food. He offers to take people in to get medical/substance treatment. I have seen just how hard he works and how genuinely he cares for the people who he helps. (including myself) He is authentic and forthright and seems to deeply believe in his mission of community outreach. I finally decided to take him up on the offer and he took me and got me into treatment and helped me out with necessities and care packages while I was in. He also has helped me get my pertinent documents and in touch with community resources. I have been clean for some time now and though I am responsible for my recovery and staying clean, I can honestly say that he has played such an important role in my journey. I hope he can continue to provide outreach, he is a beacon of hope. The true definition of selfless service. I am truly grateful.

Thanks Ted,  
Z



# How Help Helps: From Street to Sheet to Shelter

- A young woman's boyfriend was imprisoned for a violent crime leaving her sick, sad, broke, cold, hungry, in opioid withdrawal and estranged from her family. I transported her first to Burger King for food, then to a drug detoxification and rehabilitation center, then to a hospital with a time-stamped intake PCR with both verbal and written requests for peer recovery attention to ED admission.
- The following day, I retrieved her and filled all her prescriptions, as she was diagnosed with a severe infection.
- I felt she was unlikely to maintain possession of the prescriptions or follow the doctor's prescription regime so I got her a room at a hotel in Annapolis to ride out the infection, gain some weight, etc. and on the 26<sup>th</sup> day of her stay, she had successfully beat her infection, and kicked crack and heroin.



# Helping Fix Things

- Citing a steep rise in Medicare fraud, waste and abuse in the drug rehabilitation system of detox centers, methadone clinics and reform/half-way houses, the Maryland Health Department stopped issuing new licenses for some of these operators and opened investigations on others.
- I have seen, reported and vocalized these concerns and encouraged others to as well, as these abuses impede drug rehabilitation efforts.
- For doing so, my family and I has been maligned, accused, threatened, and even physically stalked by bad actors in the industry who are feeling the heat of these state investigations.
- The Baltimore PD have been front-and-center on these matters, and their efforts to track these folks and keep everyone safe is very much appreciated, as always.

FORWARD TO BPD

Stay Al

FORWARD TO BPD

WARNING  
PREDATOR ALERT!!

PREDATOR'S  
Fine Trunk Dining  
Ted  
410 279 3576

FORWARD TO BPD

that you to stop distributing it, immediately. You're exploiting her, Ted, and it's both legally and mo

There's about y situation from ot source say tho thankfu away fr Becaus doing a thanks

FORWARD TO BPD

Ha want to say

Who are you anyway and why do you keep texting me? It's weird. Why don't you phone the police?

You don't even know who I am you send me messages about sending you a review so I did and you didn't respond

Would you really like me to goto the police and your wife because that can 100% happen

I have about 12 people that will write sworn statements on you and let's talk about how you paid for your son to have sex with a vulnerable women from the streets

The streets talk and they are talking about you Ted

Not good things y ↓ an't run from

FORWARD TO BPD

Ha

Gimme a call

It's not garbage Ted it's 100% facts I'm not telling you who or where I'm getting it from so you can goto them and say something or hurt them yeah dude you messed with the wrong one I'm not threatening you in anyway I'm just simply telling you what you're doing is going to come to an end because people are tired of what you're doing. You're praying on the week.

I'd be glad to talk to your Sgt. Friend at the district I come from them streets lived on them for 2 years do you know the streets talk Ted word gets around on what you do

Please give him a call and direct all further correspondence to both of us. Thank you

to do something so they can go use buying them cigarettes stuff like that is what you do or clothes, etc. not going and giving them money or this or that getting them a hotel room trying get a hotel and make it a brothel Like your disgrace to the outreach community

FORWARD TO BPD

From: [redacted]  
To: Ted Morandin  
Subject: Re: Baltimore help

Ted,

Based on the things I have heard & seen, You have violated a multitude of ethical and moral violations in the work I hold near & dear. Beyond that, they a code that you just don't get. You need to seek professional help & leave the women alone in Baltimore.

Lastly, the photos in your publications were obtained without permission and unless you have a ROI you are at risk of being held accountable legally. T families are pursuing this & have requested your son and you stop exploiting them.

THANKS BPD





# How Help Helps Fix Things: Providing Drug Rehab Alternatives

- I provide finance and support for people looking for alternative treatment plans until the rehab and half-way house mess is cleaned up in Maryland.
- Three women, two of whom completed treatment, and one who was on her way and I worked out a plan where they would get off drugs and out of Baltimore, including:
  - Providing an apartment until they get started on an in- or out-patient counselling program and/or getting a job
  - Ensuring their monthly rent was no more than 25% of their monthly income, so they could save money up and get an apartment of their own quickly
  - Obtaining a job interview with a very-supportive employer in Annapolis when they are ready
  - Covering all living expenses (food, furniture, internet, prescriptions, personal care items, gifts for kids, travel and treatment costs, etc. etc.) until they get some money in the bank
- They would then pay me back once they get back on their feet, little by little, and I would recycle that money into helping other foks in similar circumstances.

## The 3 Amigettes and 1 Amigos Plan

I love you so much and I am proud of you and I am so THANKFUL that we're taking a big first step and that you let me come along and make sure the whole trip to YOU 2.0 tracks for YOU. I am so honored and humbled and happy we are gonna be closer together. So happy Ted xoxo

Now, let's talk about next steps.

### Next Step – Bayshore Landing 988 Spa Rd

We're submitting an offer on an apartment in this complex, hoping to finalize by the time [REDACTED] is out so she and [REDACTED] can furnish the place and decorate for Christmas so when [REDACTED] move in, everyone can enjoy Christmas together



### Money

- It might take a little longer to get better, the rent might be a little higher, you might need some cash for emergencies and there is no way your credit score will get you into Bayshore landing, but don't worry about the money.
- When you get settled in, I am going to top off your rent if it is more than 30% of your salary (so you can start to save some money) and we'll just keep an account like we did at the firehouse of whatever money you need.
- When you get back on your feet, we'll work out a no-interest payback plan that you can afford and we'll put that money into helping out some other folks and round and round it goes.
- We'll talk about all this now.

I CAN'T WAIT FOR CHRISTMAS. I WANT ALL OF YOU TO BE TOGETHER, CLEAN AS YOU CAN BE, AND ENJOYING LIFE IN ANNAPOLIS. I LOVE YOU ALL SO MUCH AND OUR FAMILY IS SO PROUD AND HAPPY AND THERE FOR YOU AND LOVE YOU SO MUCH THAT YOU GUYS CANT FAIL. TED xoxoxoxo

# Helping Other Helpers

- I work with other community outreach organizations to bring additional resources to West Baltimore.
- Together we host bi-monthly clothes, food and toiletries give-aways on the last Sunday of every other month at the Food Project in West Baltimore with Happy Helpers for the Homeless, one of the oldest volunteer outreach organizations in Baltimore.





# How Help Helps Happy Helpers for the Homeless

- Bobbi Coffman's organization, Happy Helpers for the Homeless has been delivering food, clothes and love to folks East Baltimore and beyond for 33 years and counting.
- Bobbi is a hero of mine, as she is to so many others, and was driving a van for her mission with over 200,000 hard miles on it.
- With the help of some friends, we raised \$16,000 for a new van for Bobbi and Happy Helpers for the Homeless, to help them in their mission to serve the homeless in East Baltimore.

Hello, Ted!

I'm sending the BIGGEST THANK YOU possible to you & all of the compassionate donors, yet there is no thank you big enough! You are such an inspiration! May you receive blessings upon blessings!

On Wednesday, March 12th, I became the oh, so thankful, elated owner of a 2016 Honda Odyssey Minivan with only 33,300 miles on it! The van was urgently needed - what a gift! I had been cutting way back on driving the old van because of its very bad condition. The new van will be used for the work of our organization, Happy Helpers for the Homeless, and filled each week with food, clothing, and many folding tables for our weekly and various distributions. The van will also be used to provide rides to those that we serve, and to pick up many donations. It has already been put to much service. I hope that you can picture the van in action!

Happy Helpers is an all-volunteer organization. We began our 33rd year last month, and are extremely busy. Currently, we bring LOVE, food, & necessities directly to 1,092 precious people in 19 Maryland towns - 538 of these are children. Their situations are shocking. Many families are staying in crime-ridden hotels - we deliver to these hotels regularly. The people need us. **BECAUSE OF YOUR COMPASSION & EXTRAORDINARY GENEROSITY, THOSE THAT WE SERVE WILL CONTINUE TO KNOW THEY CAN DEPEND ON US!**

**WITH OVERFLOWING GRATITUDE & EVERY MOST WONDERFUL WISH TO ALL!!!**

Bobbi Coffman  
Exec. Director  
Happy Helpers for the Homeless



# You Can Help Help

Morprop Advisors is a specialized real estate advisory firm based in Annapolis, Maryland. Morprop deals with numerous industrial brokerage and investment real estate firms across North America.

Morprop and our partner brokers and investors donate to worthwhile causes on every transaction we do. Together we currently fund 100% of West Baltimore Help operations, and we could use some help to grow Help.

West Baltimore Help is a registered non-profit charity (501(c)(3)) so all donations are 100% tax deductible.

Thanks so much in advance for whatever help you can give us.

**BeMore Outreach Inc  
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21401**

Employer Identification Number (EIN) 33-4039486

