Action in Maturity, Inc.

Serving Baltimore City Older Adults since 1978

DIRECTOR'S LETTER

Action in Maturity, Inc
2601 N Howard St
Suite 150
Baltimore, MD
21218
Tel: 410-889-7915
Mon-Fri 8am-4pm

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AIM is a 501c3 non profit organization funded by Title III of the Older Americans Act, MTA, partnerships, public and private sources.

Dear Friends,

Happy Holidays to all! How exciting to turn the page to a brand new year in a few weeks. On behalf of AIM, I wish you all good health and peace in 2027.

Please see the following announcements:

This is the **AIM Double Issue** to finish out 2026. Please see Page 3 for both December trips and January trips. Note that you will call us in December to reserve both your December and January trips; however, you can delay the pre-payment for January trips until December or Jan. December trips are still $5!

We are very sorry to report that St. Mary's Outreach Center closed its doors in November. They have kindly provided us with a long list of resources, so should you be in need of a referral to assistance with regard to tax credits, utilities, SNAP, Medicare or other applications, food pantries, and more, please do not hesitate to call us at 410-889-7915 and we can provide referrals.

Finally, **coming in February: dates for tax preparation**. As always, these will happen on Saturdays at Keswick. We do not know the full calendar just yet. Please call for an appointment AFTER January 15.

Warmly, Laura

P.S. AIM will be closed for its usual winter break, starting December 24, 2026 and re-opening on Monday, January 4, 2027. Happy New Year!

PPS. After going without for a bit, AIM now has a new "buddy" who can accompany you on a doctor visit or be your support when you are leaving after a surgical procedure. Please call 410 889 7915 for more details.

Transportation By Reservation (TBR): Scheduling Your Ride

*** Reservation required. Please call AIM's office at 410-889-7915 at least ten (10) business days prior to your appointment.** We know that lead time seems long, but this is the price we pay for being excellent, affordable, and in demand.

* The driver will pick you up from home 30 minutes before your appointment time. When you are ready to return home, call AIM and we will send a driver to take you home. We schedule the driver's day with the assumption that you will be at your destination for about an hour. If you know you will just be a few minutes, the driver might be able to wait. If you are going to be 30 minutes or so, please call when ready for pick up and we will be there as soon as possible. But it might be another 30 minutes before we arrive.

* TBR is for AIM members only. When you reserve your ride, the coordinator will tell you the fee, calculated at a per-mile radius rate (under two miles = $5). Please pay the driver with cash or check when you enter the car. Fees are calculated as round trip only, even if you just need a ride one way. Feel free to tip your driver.

* **Medical appointments are always given FIRST priority for rides. At times, AIM may call you to reschedule your non medical ride.** No pick ups before 830am or after 2pm.

WEDNESDAY WALMART SHUTTLE -- $3 round trip

The shuttle stops at Walmart at the Nottingham location. Return trip is 12:30 pm. Please limit purchases to two (2) bags, or what you can carry. All riders must call AIM at 410 889 7915 to reserve a seat before close of business Monday. You may call any day prior to Monday.

LOCATION	PICK UP
Stadium Place	10:00 am
Woodbourne	10:10 am
Belvedere Green	10:10 am
Kirkwood House	10:15 am

If you do not live in any of these locations, you may still be eligible for pick up, depending on your zip code. Please call AIM before Monday to see if you can be part of the route.

Bus Trips: How To Make Your Reservation

- Please call 410 889 7915 with your reservation starting **TUESDAY, DECEMBER 1**.
- Note that on "call day" you might have to leave a voice mail because we get very busy answering everyone's calls. Just leave your name, phone number, and which trips you would like. We will call you back to confirm. You need only call one time.
- **Trips must be paid for and received in advance or you will lose your seat**. You can pay by check, money order, Zelle, or cash app; you can pay with a card if you are taking more than one trip. Please call to reserve your seat before you mail a payment. If you simply mail in the payment without calling, by the time your payment and reservation request get to AIM, all seats might be booked.
- Bus fees are not refundable.
- Venue admissions fees and meals are not included with the bus fee.
- AIM will call you the day before your trip with a pick up time. The bus will arrive at your door. **Drivers accept tips, but tips are <u>not</u> requested <u>nor</u> required.**

DATE	LOCATION	TRIP FEE
Friday, December 11	Dutch Market	**$5 SPECIAL PRICE!** Call to reserve Dec 1
Monday, December 14	Boscov's	**$5 SPECIAL PRICE!** Call to reserve Dec 1
Friday, December 18	Michaels Café/Walmart	**$5 SPECIAL PRICE!** Call to reserve Dec 1
Monday, January 11	Arundel Mills	$12 Call to reserve Dec 1
Friday, January 15	Windsor Inn	$12 Call to reserve Dec 1
Friday, January 22	Dutch Market	$10 Call to reserve Dec 1
Monday, January 29	Double T Diner/Walmart	$12 Call to reserve Dec 1

Sharing Caregiver Experiences: University of MD Study

A PhD candidate at the University of Maryland is conducting research on two topics: caregiver perspectives on pain management for older adult patients with memory problems or dementia, as well as medication safety and community support for older adults.

If you would like to be interviewed, please call Yu-Hua Fu at 667-770-8503. She will explore how you assist with alleviating pain, and what you have experienced with regard to support for your own challenges as an aging adult.

MOVE or GROOVE on TUESDAYS!

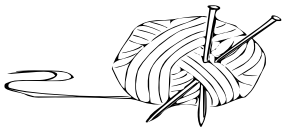
No need to sign up in advance. Questions? Call us at 410 889 7915.

CHAIR YOGA: Hampden Library, 3641 Falls Rd, Tuesdays, 10am (no fee)

QUILTING & NEEDLECRAFTS: Hampden United Methodist Church, 3449 Falls Road, 1st and 3rd Tuesdays of the month, 10am (no fee)

LINE DANCE: Hampden United Methodist Church, 3449 Falls Road, Tuesdays, 10am, $3 per class







LEGAL SERVICES (at Keswick, 700 W. 40th St)

Free Estate Planning/Selected Legal Counseling

DECEMBER 7 and DECEMBER 14
JANUARY 11 and JANUARY 25

IN-PERSON, BY APPOINTMENT ONLY
Call the AIM office to schedule, 410-889-7915
You will meet the attorney at Keswick's Wise & Well Building, 700 W. 40th St.

An attorney is available to prepare wills, advance medical directives, and power of attorney documents, all free of charge. (fee to register your will is $5). To qualify, you must be a Baltimore City resident and at least 60 years old.

INCLEMENT WEATHER Policy

When it comes to bad weather, AIM does not strictly follow the Baltimore City or County schools closure decisions. If we are planning to suspend service due to bad weather and you are scheduled for a trip or a ride, we will call you directly (we do not change our voice mail message). We have found that if snowfall is going to be measured in inches, we will usually still make the trips. If it is measured in feet, we will not. If ice is in the forecast, we will cancel service for that day.

We are abundantly cautious in winter weather and will choose to cancel rather than operate if the forecasts are definitive about what Baltimore will be getting.

As stated above, we will call you with an update. But you are also welcome to call 410-889-7915 to inquire about the status of your trip or individual ride.

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2601 N Howard St Ste 150
Baltimore, MD 21218

Phone 410-889-7915
www.actioninmaturity.org
Email: aim@actioninmaturity.org
Zelle: aim@actioninmaturity.org
CashApp: $Actioninmaturity

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Title VI Declaration

AIM is committed to ensuring that no person shall, on the grounds of race, color, or national origin, as provided by Title VI of the Civil Rights Act of 1964 and the Civil Rights Restoration Action of 1987, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity, whether those programs and activities are federally funded or not. AIM's Title VI Manager is responsible for initiating and monitoring Title VI activities, preparing required reports, and other responsibilities as required by Title 23 Code of Federal Regulations (CFR) Part 200, and the Title 49 CRF Part 21. Any rider wishing to submit a formal complaint with regard to violation of his or her civil rights can print out and complete the Title VI Complaint Form; simply call 410 889 7915 to request one, or download it from www.actioninmaturity.org/title-vi-formal-declaration. AIM can provide translation of this declaration and the complaint form upon request.