



Action in Maturity, Inc.

Serving Baltimore City Older Adults since 1978

DIRECTOR'S LETTER

Dear Friends,

Word of mouth seems to be working overtime, and our membership has grown a bit in the past two months. Thank you for spreading the word – and we are pleased to welcome new AIM members.

We do have a lunch gathering coming up: lunch/bingo gathering will take place on October 5 at Symphony Manor. By all means, call to reserve your spot as soon as you can. You do not have to wait until October 1 to make your reservation. Some bus transportation will be provided.

Also, due to incredibly popular demand, we are re-offering Home Sweet Home/Rose's. Next month we will re-offer Windsor Mill Inn for those who missed out in September.

Rest assured, we strive to respond to the popular trips. Sometimes that means a lot of repeats (but we try also to mix it up). Our biggest challenge is serving you with our existing resources that we cannot always meet the demand. We do our best with what we have. What's more, we continually seek ways to add to our fleet and our funding sources. Thank you for your patience.

Warmly,
Laura

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,
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and private sources.

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.

* 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 when you enter the car or call AIM to pay by phone (pay by phone only if ride is over \$15). We accept cash, check, Zelle, Cash App, or money order. Fees are calculated as round trip only, even if you just need a ride one way. Feel free to tip your driver if you would like.

*** Medical appointments are always given FIRST priority for rides. At times, AIM may contact you to reschedule your non medical ride.**

* AIM only drives to non-work destinations and **does not pick up from appts after 2pm.**

*** Prepayment is NOT required for this program (prepay only required for group trips)**

WEDNESDAY GROCERY SHUTTLES -- \$3 round trip

The shuttle stops at Walmart and other grocery stores and banks 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.

<u>LOCATION</u>	<u>PICK UP</u>
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 **THURSDAY, OCTOBER 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 gets 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 not requested nor required.**

DATE	LOCATION	TRIP FEE
MONDAY October 5	Fall Bingo Fest Symphony Manor	\$10 for event Call to reserve ANY TIME
FRIDAY October 9	Hibachi Grill Walmart	\$12 Call to reserve 10/1
FRIDAY October 16	Dutch Market	\$10 Call to reserve 10/1
MONDAY October 19	Roses/Dollar Tree Home Sweet Home	\$10 Call to reserve 10/1
MONDAY October 26	Double T Diner/Walmart	\$12 Call to reserve 10/1

Fun and Games with Baltimore City kids

Fitness Fun and Games, an organization licensed by the Maryland State Department of Education, has openings for paid positions for older adults to assist elementary age students in Baltimore City. You would help with activities including games, play, and of course homework.

You would work under the supervision of either the site director or a lead teacher. For more information, contact Allison Campbell at 443- 892- 0231.



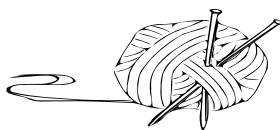
MOVE or GROOVE on TUESDAYS!

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

OCTOBER 5 and OCTOBER 19
NOVEMBER 2 and NOVEMBER 16

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.

ST MARY'S OUTREACH CENTER: Calendar

For more information on items on the monthly calendar, please call St. Mary's Outreach at 410-366-3106.

St. Mary's Outreach Center (SMOC) offers assistance with applications for energy assistance, Water4All, Medicare, and Medicaid, SNAP, QMB, SLMB.

Homeowners and Renter's Tax Credit application help is offered Wednesdays from 11am-2pm at 3939 Roland Ave, lower level

Watch this space for special announcements about lunch 'n' learns, trips, and other special presentations or events.

Office Hours: 9am-4:00pm, Mon-Thurs, by appointment Friday, 9am-2:00pm

Action in Maturity, Inc.
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

AIM Staff

Kelly Battle
Leonard Carter
Calvin Jones
Michael C. Jones
Michael G. Jones
Kierra Johnson
Davol Knight
Louis Law
Al Murray
MeMe Sheppard
Ronald Sparkman
Frank Suber

Teirra Mobley
Transportation Mgr

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AIM DONORS – THANK YOU

Reba Cornman
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Had a Fall Recently and Recovered at Home? *Univ. of Md Wants To Hear About It*

A research team at the University of Maryland is exploring what makes getting better at home easier or harder following hospitalization for a fall-related injury.

If you were hospitalized with a fall-related injury in the past 12 months, you or the family members/friends who cared for you are eligible to take part in a one-time phone (or Zoom) interview for approximately 90 minutes. You will share your experience about recovering at home following the fall. A family member or friend can share their experience caring for someone with a fall-related injury.

If you would like to participate, please call Gretchen Tucker, PhD at 410-706-7557 or email ggtucker@som.umaryland.edu.

Participants will receive a \$50 gift card after completing the interview.