
MARCH 2023



Action In Maturity, Inc.

S e r v i n g B a l t i m o r e C i t y S e n i o r s s i n c e 1 9 7 3

Action In Maturity
aim@actioninmaturity.org
700 W. 40th Street
Baltimore, MD
21211-7915
Tel: (410)889-7915

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Dept., CARE Services,
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and private sources.

MAYOR BRANDON SCOTT



DIRECTOR'S LETTER

Dear Friends,

March is a month to get things *done*, right? Spring cleaning, filing taxes, maybe accomplishing a little early seasonal yard work... your to-do list can get overwhelming sometimes. In case you're looking for a break from all that, you can observe some special fun days in March: National Oreo Cookie Day on March 6, National Potato Chip Day on March 14, and Respect Your Cat Day on March 28 (these must be real, we saw them on the internet!).

I vote for celebrating Employee Appreciation Day on March 3, in honor of AIM's amazing driving team and office staff. They bring 100 percent their energy, compassion, and smarts to the job every day. We appreciate their very good work.

Speaking of doing very good work, see page 4 for an announcement about an affordable hearing aids program courtesy of a grant to Access HEARS, a Johns Hopkins partner. Also, SMOC has some key dates to add to your calendar for SEEDCO, Covid, and other supports (see page 5).

For trips this month, in addition to some old favorites, we are going to stop by the newly renovated Lexington Market. Many booth owners are new to the location, but enough of the old stand-bys are there, too, so you shouldn't miss old Lexington Market too much.

As always, we welcome your trip ideas and other feedback. Enjoy the ever warming weather as spring finally makes its way back to town.

Warmly,
Laura

TRANSPORTATION BY REQUEST: SCHEDULING YOUR RIDE

To get access to the TBR program, first you must be an AIM member.

The cost to join is \$15 per year. Enroll by phone or call for an application.

- * **Reservation required. Please call AIM's office at 410-889-7915 at least ten (10) business days prior to your appointment.** We know that is challenging 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 be picked up call AIM and we will send a driver back.
- * 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, or money order. Fees are calculated as round trip only.
- * **Medical appointments are always given FIRST priority for rides. At times, AIM may contact you to reschedule your non medical ride.**
- * Note that AIM drives only to non-work destinations.

\$3 WEDNESDAY GROCERY SHUTTLES

Several grocery stores along the Loch Raven corridor are available for shopping: Weis, Giant, ALDI, Dollar Store, Walmart, Target, and shops in Towson Marketplace. ALL return trips are 12:30pm. Please limit purchases to two (2) bags, or what you can carry.

<u>LOCATION</u>	<u>PICK UP</u>
Stadium Place	10:00 AM
Woodbourne Woods	10:10 AM
Belvedere Green	10.10 AM
Kirkwood House	10:15 AM
Walker Co-op/Mews	10:15 AM



If you do not live in a residence listed above, you may still be eligible for pickup from your home. Please call AIM at 410 889 7915 on or before Tuesdays to see if you can be part of the route. Not all zip codes can be included.

Should I tip my driver? Tips are neither required nor requested. However, if you wish to acknowledge excellent service by your driver, you are more than welcome to offer a tip.

BUS TRIPS: HOW TO MAKE YOUR RESERVATION

- ◇ When you get your newsletter, pick your trip(s) immediately.
- ◇ Call AIM at 410 889 7915 to make your reservation.
- ◇ Call in your reservation first to ensure a seat. You can send payment promptly after reservation is made, or pay driver on the day of your trip.

Cancellations less than twenty-four (24) hours prior to the trip without a substitution rider will NOT be refunded. Prices are for round trip transportation ONLY. Museum/venue admission fees and meals are not included with Bus Fee.

DATE	LOCATION and FIRST PICK UP	BUS FEE
MONDAY, Mar 6	Gabes, Safeway/Waltham Woods Pick up 9:00am (MOYO)	\$10
FRIDAY, Mar 10	B&O Museum, Miss Shirleys Pick up 9:00AM (MOYO)	\$10 Museum admission: \$17
FRIDAY, Mar 17	Dutch Market/Walmart Pick up 9:00AM (MOYO)	\$9
MONDAY, Mar 20	Pappas, Dollar Store Pick up 9am (MOYO)	\$10
FRIDAY, Mar 24	Blacks in Wax Museum (MOYO) *New* Lexington Market Pick up Time 10:00am	\$9 Museum admission: \$14
MONDAY, Mar 27	Bosco, White Marsh Mall Pick up 10:00am (MOYO)	\$12
MOYO = Meal On Your Own		

TROUBLE HEARING?

You may qualify for affordable hearing aids

Access HEARS, founded by physicians at Johns Hopkins, is offering low-cost hearing devices to those who qualify. They will provide in-person appointments at your home to assess you and determine the best hearing device for you, plus they will provide ongoing support for two weeks as you become accustomed to the equipment.

For more information, call Shelley Stein at 410-870-9373, or email her at shelley@accesshears.com.

Hearing loss has been associated with dementia, cognitive decline, and memory impairment, so it is very important to manage your hearing care.

LET'S GET PHYSICAL ON TUESDAYS!

YOGA — 10AM

LINE-DANCE — 10AM

PICKLEBALL — 11:30AM

QUILTING (FIRST AND THIRD TUESDAYS ONLY) — 10AM



No need to sign up in advance.
If you have questions just call AIM at
410 889 7915.

Classes are held at
St. Thomas Aquinas Church at
37th and Roland Avenue — enter at Roland Ave
Fee: \$3 per session (Quilting is free).

Please note, AIM does not provide transportation to these classes.

LEGAL SERVICES (WISE & WELL CENTER)

Free Estate Planning/Legal Counseling

MARCH 6, 2023 and MARCH 27, 2023
APRIL 17, 2023 and APRIL 24, 2023

IN-PERSON, BY APPOINTMENT ONLY

Call AIM office to schedule, 410-889-7915

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

ST MARY'S OUTREACH CENTER CALENDAR

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SMOC staff stand ready to assist with services all month. For utility assistance, bring most current BGE and water bills, and rent ledger or mortgage statement. See below for dates and times:

- **Thursday, March 2: Legacy Seminar from The Clever Senior, 10:00am**
Hampden Family Center (HFC), 1104 W. 36th St (Call 410 366 3106 to register)
 - **Tuesday, March 7: SEEDCO, 10:00am** HFC, 1104 E 36th St
 - **Thursday, March 16: Tax Credit/OHEP/Water4All, 10:00am**, HFC,
1104 W. 36th St
 - **Tuesday, March 21: SEEDCO 10:00am**, 3939 Roland Avenue
 - **Tuesday, March 28: COVID & Resource Clinic, 10:00am-2:00pm**, Prince Hall
Grant Lodge, 1307 Eutaw St
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Phone: 410-889-7915
E-mail: aim@actioninmaturity.org
<http://www.actioninmaturity.org>

AIM Staff

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Pha'len Barnes
Kelly Battle
Heather Bell
Rudy Bradley
Mamiond Davis
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Albert Johnson
Kierra Johnson
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AIM DONORS — THANK YOU!

Terry Allen
Yvonne Cross
Impact 4 Good

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 Act of 1987 (PL100.259), be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity, whether or not those programs and activities are federally funded.

AIM's Title VI manager is responsible for initiating and monitoring Title VI activities, preparing required reports, and other responsibilities as required by the Title 23 Code of Federal Regulations (CFR) Part 200, and Title 49 CFR Part 21.

Any rider wishing to submit a formal complaint with regard to violation of his or her civil rights can complete the Title VI Complaint Form which is available on the AIM website (www.actioninmaturity.org) or by calling AIM at 410 889 7915.