



Action In Maturity, Inc.

Serving Baltimore City Seniors since 1973

Action In Maturity
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MAYOR BRANDON SCOTT



DIRECTOR'S LETTER

Dear Friends,

Did you know that more than one in five Americans is a caregiver for a relative? We are not surprised! We hear often from caregivers wishing to explore opportunities for a loved one to socialize, or to find affordable, dependable transportation — and the stress we hear in the caregiver's voice comes through loud and clear. We wanted to say to the caregivers: we know how hard it can be, and we see you. We hope AIM transportation and referrals are helpful and that they give you a chance to find a way to carve out time for yourself to rest and re-charge.

Re-charging is a good idea for everyone, and perhaps a little easier as the weather improves. What might you do for yourself? Do check out our new trips for May (see page 3). Also in May, AIM is hosting Mother's Day luncheons. The rooms we have available are on the small side, so we will host two lunches. You can make your reservation for either one. See page 4 for details.

Finally, AIM and the drivers strive to make your transportation comfortable, fun, timely, and above all, safe. The drivers wanted you to know what they think is most important to making your experience in the vehicles the best it can be:

- Please buy what you can carry and hold on your lap, so aisles are clear and wheelchair latches are unobstructed.
- Please return to the van at the announced time in the afternoon, so we can respect everyone's schedules with a timely departure. If you find your own way home, please let the driver know (or call AIM so we can let driver know).
- Please wait for your pick up at the same location where you were dropped off so the driver can find you when he or she comes back for you.
- Please don't be a backseat driver, it can be distracting, and drivers' routes are well-planned with a GPS.

Warmly,
Laura

P.S. AIM will be closed on Monday, May 29, in observance of Memorial Day.

TRANSPORTATION BY REQUEST: SCHEDULING YOUR RIDE

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

- * **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.**
- * AIM only drivers to non-work destinations.
- * The minimum appointment time is one hour. If your appointment ends before one hour, you may have to wait up to an hour for pick up.

\$3 WEDNESDAY GROCERY SHUTTLES

The shuttle stops at the shops at Towson Marketplace/Putty Hill and, on the first Wednesday of the month, at the Cockeysville Walmart. 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, May 8	Columbia Mall (MOYO)	<u>\$12</u>
FRIDAY, May 12	Colins Seafood and Grill/ Dollar Store (MOYO)	<u>\$10</u>
MONDAY, May 15	Arundel Mills / LIVE Casino (MOYO)	<u>\$12</u>
TUESDAY, May 16	Mother's Day Luncheon— Hampden Family Center	<u>\$5</u> <u>No fee for transportation</u> Please sign up for one only
WEDNESDAY, May 17	Mother's Day Luncheon — Stadium Place	<u>\$5</u> <u>No fee for transportation</u> Please sign up for one only
FRIDAY, May 19	Dutch Market/ Walmart (MOYO)	\$10
MONDAY, May 22	Boscov/White Marsh (MOYO)	\$12

MOYO = Meal On Your Own

MOTHER'S DAY LUNCHEON

Sign up for either MAY 16 — or — MAY 17

Happy Mother's Day to all the moms, grands, and great-grands — or to those who wish to celebrate with them! Please call 410 889 7915 to reserve your day.

AIM will host two intimate Mother's Day luncheons this month. If you would like to attend this event, please sign up for one luncheon only. Transportation available.

Tuesday, May 16 — Noon to 2pm — 1104 W 36th St (Hampden Family Center) Admission \$5 (Limit: 20 guests/Transportation available for 14)

****OR****

Wednesday, May 17 — 11:30am to 2pm — 1040 E 33rd St (Ednor II, Stadium Place). Admission \$5 (Limit: 20 guests/Transportation available for 14)

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 sessions are free).

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

LEGAL SERVICES (AT KESWICK WISE & WELL CENTER)

Free Estate Planning/Legal Counseling

MAY 8, 2023 and MAY 22, 2023
JUNE 5, 2023 and JUNE 12, 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

Walk in Hours!

SMOC is accepting walk in clients for a range of community outreach services including: Renters/Homeowner tax credits, SNAP benefit applications, Water4All, and OHEP (energy assistance). To ensure your application is complete, please bring proof of current income, ID, social security card, and your utility bill.

See dates and times below.

- **Tuesday, May 9: noon-4pm, 3939 Roland Ave, Social Room**
- **Tuesday, May 23: 10am-2pm, 3838 Roland Avenue, Social Room**

Need incontinence supplies? Please call SMOC at 410-366-3106 to schedule your pick up.



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Phone: 410-889-7915
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<http://www.actioninmaturity.org>

You can join AIM by phone, online, or we can mail
you an application.

AIM Staff

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Title VI Formal 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 CFR 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.