

---

APRIL 2023



# Action In Maturity, Inc.

---

Serving Baltimore City Seniors since 1973

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

## Board of Directors

Frederick Koontz,  
*President*  
Elizabeth Briscoe  
Reba Cornman  
Neetu Dhawan-Gray  
Collins Downing  
Monte Ephraim  
Elaine Hertzberg  
Lee Layman  
Susie Pearce  
William Rowe  
Corey Turpin  
Brian Villari

AIM is a 501 c3 organization funded by Title III of the Older Americans Act through Baltimore City Health Dept., CARE Services, MTA, member and partner fees, and public and private sources.

MAYOR BRANDON SCOTT



## DIRECTOR'S LETTER

Dear Friends,

It's been a minute since we highlighted the AIM classes that take place on Tuesdays at St. Thomas Aquinas Church on Roland Avenue — see page 4 for address and class times. All are designed to enhance balance, build strength, and deliver some fun. Line dance (where you will get step by step instructions to groove to fantastic music) is just physically gentle and mentally challenging enough to put a spring in your step for the rest of the day. Pickleball, if you haven't heard of it, is the latest craze in racquet sports. It is easy to learn and not super strenuous to play. We have all the playing equipment you'll need. Some folks come for the line dance and stay for the pickleball.

If you crave a slower pace, you can join the yoga class, also on Tuesdays. Please see page 6 to get to know more about our wonderful instructor and her senior-friendly approach to this ancient practice.

Also this month, do take a look at the HEARS program offering of hearing aids, discounted for those who qualify. Details are on page 4. Plus: St. Mary's Outreach Center is hosting a community event on **March 28** as well as other important activities in April (see page 5).

Finally, in celebration of spring, here is a brief excerpt of *Daisy Time*, by Canadian poet Marjorie Pickthall:

*Buttercups have honeyed hearts,  
Bees they love the clover,  
But I love the daisies' dance  
All the meadow over.*

Warmly,  
Laura

P.S. AIM will be closed on Friday, April 7 in observance of Good Friday.

---

## 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**

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, Apr 3	Arundel Mills Pick up 9:00am (MOYO)	\$12
MONDAY, Apr 10	Hazelwood Inn Pick up 9:00am (MOYO)	\$10
FRIDAY, Apr 14	Dutch Market/Walmart Pick up 9:00am (MOYO)	\$9
MONDAY, Apr 17	Dollar Store/Golden Corral Pick up 9am (MOYO)	\$10
FRIDAY, Apr 21	De Jon Winery (MOYO) Pick up Time 10:00am <b>BRING A PICNIC LUNCH!</b>	\$12 (Tasting fee: \$9-\$12)
MONDAY, Apr 24	Boscov's, White Marsh Mall Pick up 9:00am (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](mailto:shelley@accesshears.com).

HEARS physicians emphasize that hearing loss has been associated with dementia, cognitive decline, and memory impairment, so it is important to take care of your hearing.

---

## 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

APRIL 17, 2023 and APRIL 24, 2023  
MAY 8, 2023 and MAY 22, 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

.....

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 to "walk in":

- **Tuesday, March 28: Community Resource Day, 10:00am-2:00pm**  
1307 Eutaw Place... Apply for SNAP, Energy Assistance, Water4All, Tax Credits. Get a covid vaccine or booster, groceries, and snack bags.  
For additional details and information, call SMOC at 410-366-3106.
- **Wednesday, April 12: Renters/Homeowners Tax Credits, 10am-2:00pm**  
Hampden Family Center, 1104 E 36th St.
- **Wednesday, April 26: Renters/Homeowners Tax Credits, 10am-2:00pm**  
Hampden Family Center, 1104 E 36th St.

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

---

Action In Maturity, Inc  
700 W. 40th Street  
Baltimore, MD 21211

Phone: 410-889-7915  
E-mail: aim@actioninmaturity.org  
<http://www.actioninmaturity.org>

## AIM Staff

Don Ayers  
DJ Ayers  
Pha'len Barnes  
Kelly Battle  
Rudy Bradley  
Mamiond Davis  
Alexus Doyle  
Monyette Howard  
Albert Johnson  
Kierra Johnson  
Michael Jones  
Keneisha Lofton  
Raven Wheat

Laura Bristow,  
Executive Director

## AIM DONORS — THANK YOU!

Patricia Kane

---

### **A few questions for Margee Greenberg, AIM's yoga instructor**

Margee Greenberg is a certified yoga instructor and has been teaching yoga to AIM members for over two years. A native New Yorker, after several moves around the country, Margee and her husband relocated to Baltimore in 2016 to be closer to their children and grandchildren. We had a few questions for her:

*Why is yoga good for older adults?*

It's no secret how important it is to move as we age. Movements done in yoga bring greater range of motion and more strength to our bodies.

*Can anybody do yoga? Even if you don't move all that well?*

Yoga is truly for every single body and can be adapted to how one feels on any given day. Yoga is a breath-based practice that combines movement in unison with our breath. Join us on Tuesdays at 10am to find out what I mean! Your joints, muscles, and spirit will thank you.

*Some people need to do yoga from a chair. Do you teach that way?*

I teach chair yoga and standing postures to students ranging in age from 60 to 94. Some students have taken yoga before and some have not. After class, everyone tells me how much better they feel.