
JANUARY 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
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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,

Happy 2023 to one and all! We wish you much health and happiness for the new year, starting right now.

On the health front, our partners at Meals on Wheels have asked AIM to pass on this message to you: Meals on Wheels does more than just deliver up to two nutritious meals per day Monday through Friday, whether you need ongoing or just temporary help. They provide support to improve overall quality of life, including services to promote independence, maintain economic stability, and more. You can reach MoW at 410-557-0827 or if you are good at the computer, click on www.mealsonwheelsmd.org/client-application/.

As for happiness (and health, too), there's always Pickleball. If you would like to learn how to play, simply stop in at St Thomas Aquinas Church at 3700 Roland Avenue on Tuesdays at 11:30a.m. If you're feeling especially energetic, come at 10:00a.m. and first groove to the beat with line dancers.

We hope wintery weather won't keep you from stepping out on a trip Mondays or Fridays (see page 3). Reminder: once you have left the bus for the activity that morning, please respect the return time your driver announces for being re-seated on the bus in the afternoon. When you are late getting to the bus, you impact everyone's timely return home.

Finally, many thanks to those who so kindly and generously made a donation to Action in Maturity during the holiday season. Rest assured your support goes a long way toward helping AIM meet our mission.

Warmly,
Laura

P.S. AIM will be closed on Monday, January 16, in observance of the Martin Luther King Day holiday.

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 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 a 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 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 live in a residence not listed above, you may still be eligible for pickup from your home. Please call AIM at 410 889 7915 on or before Tuesday 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.

NOTE: Payments to confirm reservations are expected promptly. If we do not receive payment, we cannot hold your seat. **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 in Trip Cost.**

DATE	LOCATION and FIRST PICK UP	BUS FEE
FRIDAY, Jan 6	Hunt Valley Mall/Outback Steak Pick up 9:00am (MOYO)	\$10
MONDAY, Jan 9	Arundel Mills LIVE (MOYO) Pick up 9:00AM	\$12
FRIDAY, Jan 13	Guinness Brewery Pick up 10:00AM (MOYO)	\$10
FRIDAY, Jan 20	Hazelwood Inn (MOYO) Pick up 10:00am	\$10
MONDAY, Jan 23	Boscov White Marsh (MOYO) Pick up Time 10:00am	\$10
FRIDAY, Jan 27	Dutch Market/WalMart Pick up 10:00am (MOYO)	\$9
MOYO = Meal On Your Own		

TAX PREPARATION WITH AARP

Slots are going fast for tax preparation... starting in February 2023, volunteers from AARP will be on hand to prepare taxes. Please call 410 889 7915 to book your Saturday appointment.

Please note the following:

- ◆ If you are married and filing jointly, your spouse must come with you to the appointment so he or she can sign the tax return with you.
- ◆ Please bring the previous year's tax return to your appointment. To file more than one year's taxes, you must make an additional appointment for AARP to prepare that additional return.
- ◆ AARP asks that prior your appointment, you complete their intake form. The forms are not yet available. When they are, AIM will let you know so you can stop in and pick one up to complete before you meet with AARP.

LET'S GET PHYSICAL ON TUESDAYS!

YOGA — 10AM

LINE-DANCE — 10AM

PICKLEBALL — 11:30AM *NEW*

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

JANUARY 9, 2023 and JANUARY 30, 2023
FEBRUARY 13, 2023 and FEBRUARY 27, 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

- JANUARY 10 — 10am– 12pm — Hampden Family Center
SEEDCO-SNAP Application 10am—12pm

- JANUARY 17 — 2:30pm-4:30pm — 3838 Roland Avenue
Tech Tuesday! Help for using your phone, ipad, or computer

- JANUARY 19th — 10am-2:00pm — Hampden Family Center
OHEP Energy Assistance

- JANUARY 24 — 10am — 3838 Roland Avenue
 - ◇ OHEP Energy Assistance (until 2pm)
 - ◇ SEEDCO-SNAP Application (until noon)

**SMOC HEADQUARTERS HAS
MOVED...**
Now located at 1104 W. 36th Street
and sharing space with
Hampden Family Center.
Phone number remains the same:
410 366-3106

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Executive Director

AIM DONORS — THANK YOU!

Reba Cornman
Heather Mazo
Chester McFarland
Angela Rice
Maryland Philanthropy Network

WELCOME NEW BOARD MEMBERS!

Action in Maturity is proud to announce the addition of two new professionals to its Board:

- Monte Ephraim: manager of psychosocial services at the Center for LBGTQ Health Equity and Elder Pride Programming at Chase Brexton Health Care
- Corey Turpin: team manager at Bank of America.

We look forward to the benefit of their perspectives with regard to community engagement, and especially when it comes to how AIM can serve Baltimore City's older adults.