

MARCH
2026

www.actioninmaturity.org



Action In Maturity, Inc.

Serving Baltimore City Seniors since 1978

Action In Maturity
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Mon-Fri 8am-4pm

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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,

Our tough winter is almost behind us. What a relief! To celebrate, why not join AIM riders on one of our March trip offerings? You will see details on page 3. By popular demand we have two trips this month that include the Dollar Store.

This month, we are pleased to announce some new resources for you: Johns Hopkins School of Nursing has a new resource for those living with memory loss and for their caregivers (see page 4 for details). In addition, if you find yourself or a loved one in need, we have listed some food resources on page 6.

Finally, some friendly reminders...

... When shopping, please buy what you can carry and handle on your own.

... Please manage your time so that you are back on the bus at the time the driver has announced re-boarding.

... When you are on a ride to the doctor or errand, please be sure to have your cell phone with you and easy to reach. We often call with updates about your ride if there is a delay or other change you should know about.

... When reserving a trip at the beginning of the month, if you leave a message, please let us know your name and which trips you want. You do not need to leave more than one message. We will return your call to confirm your choices.

... If you are part of the Wednesday grocery group, the deadline to call is noon on Monday. However you don't need to wait until Monday to call. You can call any day of the previous week.

Warmly,
Laura

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 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 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, Zelle, 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 drives to non-work destinations and does not pick up after 3pm.
- * The minimum appointment time is one hour. If your appointment ends before one hour, please call, but you may have to wait up to an hour for pick up.
- * **Prepayment is NOT required for this program (only required for group trips)**

\$3 WEDNESDAY GROCERY SHUTTLES

The shuttle stops at Walmart and other grocery stores and banks at the Nottingham location. Return trip is 12:30pm. Please limit purchases to two (2) bags, or what you can carry. A second bus will do more pick ups if first bus is full. **ALL wheelchair riders MUST call AIM at 410 889 7915 to reserve your seat at lest 24 hours in advance.**

<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

◇ AIM will start taking reservations for both December and January starting **MONDAY, MARCH 2**

Please call 410 889 7915. Let us know if you are a wheelchair rider. Thank you.

◇ Trips must be paid for in advance. Bus fees are not refundable. You can pay by phone if over \$15. Or, check/money order/Zelle (to aim@actioninmaturity.org/Cash App (to \$Actioninmaturity)).

◇ Venue admissions fees and meals are not included with Bus Fee.

DATE	LOCATION AIM will call with pick up time	BUS FEE (meals on your own) ALL FEES MUST BE PAID IN ADVANCE
FRIDAY, MARCH 6 (call to reserve Mon 3/2)	I Hop/Walmart Golden Ring	\$12 (call to reserve Mon 3/2)
MONDAY, MARCH 9 (call to reserve Mon 3/2)	Collins Dollar Tree	\$12 (call to reserve Mon 3/2)
FRIDAY, MARCH 13 (call to reserve Mon 3/2)	Hazelwood Inn	\$10 (call to reserve Mon 3/2)
MONDAY, MARCH 16 (call to reserve Mon 3/2)	Arundel Mills	\$12 (call to reserve Mon 3/2)
FRIDAY, MARCH 20 (call to reserve Mon 3/2)	Dutch Market	\$10 (call to reserve Mon 3/2)
MONDAY, MARCH 23 (call to reserve Mon 3/2)	First Watch Dollar Tree	\$10 (call to reserve Mon 3/2)

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NEW: JOHNS HOPKINS MEMORY CARE Family Checklist

The Johns Hopkins University School of Nursing has launched the Memory Care Family Checklist, a tool that guides users through a series of questions that assess the health and wellbeing of the caregiver and the person they support. It evaluates their answers and provides information and resources to address their challenges. It is confidential and takes about 15 minutes to complete.

For the person living with memory loss, the check list covers cognitive or behavioral changes, home safety, and daily routines. For the caregiver, the checklist covers health, wellness, long term planning and daily living needs.

You can access the checklist at marylandaccesspoint.info/memorycare.

MOVE OR GROOVE ON TUESDAYS!

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

YOGA: Tuesdays, 10am, Hampden Library,
3641 Falls Rd (No Fee)

QUILTING & NEEDLECRAFTS: 1st and 3rd Tuesdays,
Hampden United Methodist Church
3449 Falls Road (No Fee)

LINEDANCE: Hampden United Methodist Church
3449 Falls Road (\$3 per class)



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

LEGAL SERVICES (AT KESWICK, 700 W 40TH ST.)

Free Estate Planning/Legal Counseling

MARCH 9 and MARCH 23
APRIL 3 and APRIL 20

IN-PERSON, BY APPOINTMENT ONLY

Call 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

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REMINDER: Energy Assistance Applications due June 30, 2026

TUESDAY, March 10, 12pm-1:30 pm, 3939 Roland Ave: Lunch and Learn, The Clever Senior Spring Reset: What’s Next for Me?

TUESDAY, March 10, 1pm-2pm 3838 Roland Ave and 2pm-3pm 3939 Roland Ave: Rent-A-Tour Presentation

Learn about and Register for Upcoming Tours Leaving from 3939 Roland Avenue. Tours are Friday April 10, Discover Baltimore (\$30) and Friday, May 8, Mothers Day Tour (\$55), Friday June 19, Father’s Day tour (\$55)

WEDNESDAYS through September 2, 10am-2pm, 3939 and 3838 Roland Avenue: Homeowners and Renter’s Tax Credit Applications. Please call for appointment.

Application deadline: October 1, 2026

St Mary’s Outreach Center has a limited supply of incontinence supplies for men (Depends, Shields, Bedpads). First come, first served, please call 410-366-3106 if interested.

Office Hours: Monday - Thursday - 9:00 a.m. - 4:00 p.m.
Friday - 10:00 a.m. - 2:00 p.m. (Appointment Only)

410 –366 -3106

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

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AIM DONORS — THANK YOU!

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FOOD PANTRY Resources

If you, a loved one, or neighbor is challenged by access to affordable food these days, you can call 211 or click on <https://marylandfoodbank.org/find-food>. AIM also has a list of pantries by zip code, so you are welcome to call and see if there is one near you.

In addition, here are two locations right around the corner from AIM:

1. Salvation Army, 3401 Roland Ave, 443-873-7941
2. Hampden UMC, 3449 Falls Road, Zach Brown, 410-905-1987. Food boxes available on the first and fourth Wed of each month 9a-11am.