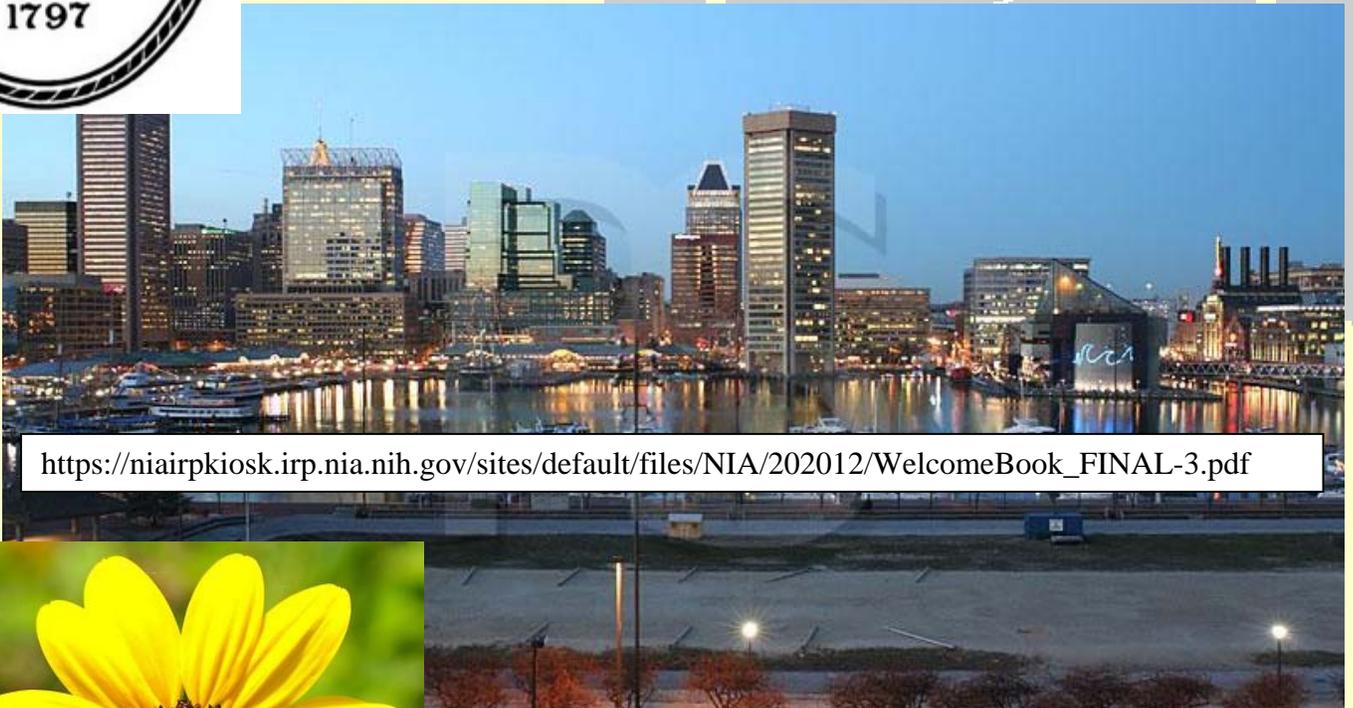
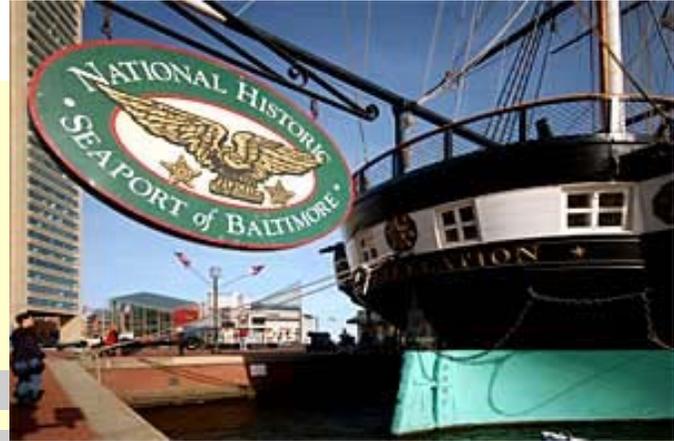


# NIA/IRP-BALTIMORE

*Welcome Book: A guide to working  
and living in Baltimore* 2014 Edition



[https://niairpkiosk.irp.nia.nih.gov/sites/default/files/NIA/202012/WelcomeBook\\_FINAL-3.pdf](https://niairpkiosk.irp.nia.nih.gov/sites/default/files/NIA/202012/WelcomeBook_FINAL-3.pdf)





## **Welcome to the NIA Intramural Research Program (IRP) @ Baltimore!**

We are so excited that you are joining the premiere institute focused on healthy aging across the lifespan! We are sure that you are just as excited to get to work, and if you are new to the area, there is a lot of things that you are going to have to get done as soon as possible, so we put together this booklet to help you get started!

### **NIA/IRP-Baltimore**

The NIA/IRP-Baltimore is located at the Biomedical Research Center (BRC) and the Gerontology Research Center (GRC) on the Johns Hopkins Bayview Campus and Harbor Hospital in Baltimore, Maryland. We are conveniently located close to Baltimore/Washington International Airport (BWI)

[www.bwiairport.com](http://www.bwiairport.com).

For directions to the BRC, go to:

[www.grc.nia.nih.gov/visitors/brc-directions.htm](http://www.grc.nia.nih.gov/visitors/brc-directions.htm).

For directions to Harbor Hospital, go to:

<http://www.grc.nia.nih.gov/visitors/harborhospital.htm>

For directions to the Johns Hopkins Bayview Campus, please visit:

<http://www.hopkinsbayview.org/mapsanddirections/>

## **Office of the Scientific Director**

The Office of the Scientific Director (OSD) of the NIA is responsible for the overall direction and quality of research conducted by the NIA Intramural Research Program (IRP). During your time at NIA, the OSD makes every effort to insure that you are getting the most out of your research experience. OSD has an open door policy where fellows and investigators can openly discuss any issues or concerns on a wide variety of topics like intralab dynamics, career development, and work/life balance.

### **OSD Contacts:**

- Michele Evans, M.D., Deputy Scientific Director ([evansm@mail.nih.gov](mailto:evansm@mail.nih.gov))
- Arlene Jackson, Intramural Recruitment Specialist ([jacksona@mail.nih.gov](mailto:jacksona@mail.nih.gov)) --Post-bac & Summer program Coordinator

## **Seminar Series**

NIA and NIH sponsor several seminar series designed to engage the NIA community on a wide variety of topics. Several of the seminars are videocast/webcast.

- NIA retreat
- NIA Nathan Shock Symposium
- NIA/OSD Seminar Series
- NIA Fellows Friday Seminar Series
- NIH Wednesday Afternoon Lecture Series (WALS)

## NIA/IRP Laboratories, Branches and Sections

|  |  |
|--|--|
| <b>Laboratory of Cardiovascular Science</b><br><b>BRC 9<sup>th</sup> floor</b><br>Edward G. Lakatta, M.D., Chief                 | <b>Laboratory of Neurogenetics</b><br><b>Bldg. 35, Bethesda</b><br>Andrew B. Singleton, Ph.D., Chief                 |
| <b>Laboratory of Molecular Biology &amp; Immunology</b><br><b>BRC 6<sup>th</sup> floor</b><br>Ranjan Sen, Ph.D., Chief           | <b>Laboratory of Neurosciences</b><br><b>BRC 5<sup>th</sup> floor</b><br>Mark P. Mattson, Ph.D., Chief               |
| <b>Laboratory of Clinical Investigation</b><br><b>BRC 9<sup>th</sup> floor</b><br>Josephine M. Egan, M.D., Chief                 | <b>Laboratory of Behavioral Neuroscience</b><br><b>BRC 4<sup>th</sup> floor</b><br>Susan M. Resnick, Ph.D., Chief    |
| <b>Laboratory of Epidemiology and Population Sciences</b><br><b>Gateway Bldg, Bethesda</b><br>Lenore Launer, Ph.D., Acting Chief | <b>Laboratory of Genetics</b><br><b>BRC 10<sup>th</sup> floor</b><br>David Schlessinger, Ph.D., Chief                |
| <b>Translational Gerontology Branch</b><br><b>BRC 9<sup>th</sup> floor</b><br>Luigi Ferrucci, M.D., Ph.D., Chief                 | <b>Laboratory of Molecular Gerontology</b><br><b>BRC 6<sup>th</sup> floor</b><br>Vilhelm A. Bohr, M.D., Ph.D., Chief |

## Other Resources

### Orientation

During your first week, you will have to complete NIA and NIH orientation and training. Your lab staff/NIA Administration will give you a list of all the mandatory trainings that you must complete. **You must complete training before beginning your work, otherwise your email and network accounts will be disabled!**

### NIH Office of Intramural Training & Education

Additional resources are available to all NIA trainees through the Office of Intramural Training and Education (OITE) which coordinates NIH-wide events designed to guide and inform trainees about career development, training advancement, and educational opportunities. Information about services and programs through OITE can be found at: [www.training.nih.gov](http://www.training.nih.gov).

#### **OITE Contacts:**

- Sharon Milgram, Ph.D., Director, OITE ([milgrams@mail.nih.gov](mailto:milgrams@mail.nih.gov))
- Pat Sokolove, Ph.D., Deputy Director, OITE ([sokolovp@mail.nih.gov](mailto:sokolovp@mail.nih.gov))
- Lori Conlan, Ph.D., Director, Office of Postdoctoral Services ([conlanlo@mail.nih.gov](mailto:conlanlo@mail.nih.gov))
- Deborah F. Cohen, Director, Postbac and Summer Program Services ([cohend@mail.nih.gov](mailto:cohend@mail.nih.gov))
- Pat Phelps, Ph.D., Deputy Director, Graduate Partnership Program ([wagenerel@mail.nih.gov](mailto:wagenerel@mail.nih.gov))
- Elaine M. Diggs, Career Counselor ([diggse@mail.nih.gov](mailto:diggse@mail.nih.gov))

### FelCOM

The NIH Fellows Committee (FelCom) consists of representatives from each institute working to enhance the intramural training program, foster communication among fellows and the NIH community, and serve as a liaison to the administration's programs affecting the training experience. Fellows are appointed to a 1 year term. More information on FelCOM can be found at: <http://felcom.od.nih.gov>

#### **NIA FelCOM representatives:**

##### Post-Doc Reps

- Irene Avila, Ph.D. ([avilai@mail.nih.gov](mailto:avilai@mail.nih.gov))
- John Delaney, Ph.D. ([delaneyjd@mail.nih.gov](mailto:delaneyjd@mail.nih.gov))

##### Post-Bac Reps

- Kevin Najarro ([najarrok@mail.nih.gov](mailto:najarrok@mail.nih.gov))
- Bethany Carboneau ([carboneau@mail.nih.gov](mailto:carboneau@mail.nih.gov))

## **Women Scientist Advisors**

The mission of the Women Scientists Advisory Committee is to provide a forum to present topics and issues that are important to women scientists. Topics include professional development, networking, mentoring, family and work/life, and personnel issues. WSA representatives are appointed to a 1 year term.

### **NIA WSA contacts:**

- Lori Beason-Held, Ph.D. ([HeldLo@mail.nih.gov](mailto:HeldLo@mail.nih.gov))
- Yie Liu, Ph.D. ([liuyie@mail.nih.gov](mailto:liuyie@mail.nih.gov))

## **Division of International Services (DIS)**

If you are a non-United States citizen, you have already had contact with DIS and you should have received your Form DS2019 or other immigration related documents, including a copy of a “Notice of Action” that allows you to participate in NIH research programs. You should check-in with DIS, in person, within 3 days of your arrival to the U.S. If you have not, please visit them immediately. You will need all of your immigration paperwork with you for this visit. DIS also helps you with immigration related issues during your stay at NIH. DIS is located in Building 31, room B2B07 of the main campus of NIH in Bethesda, Maryland. For the NIA shuttle schedule from Baltimore to Bethesda, see your office support staff.

## **Federal/State/Local Government Resources**

### **Social Security Office**

The website can help you find a convenient location: <http://www.socialsecurity.gov/>. For your Social Security Card, remember you should wait 2 weeks from your time of check in with the Division of International Services (DIS)

### **Vehicle Registration and Driver’s Licenses**

The Motor Vehicle Administration provides information on getting tags, title, registration, and driver’s licenses for you, your family and your car. All vehicles in Maryland must pass the state Vehicle Emissions Inspection Program. If you drive, you must obtain a Maryland state license within 60 days of moving to the state. For more information visit: [www.marylandmva.com](http://www.marylandmva.com).

### **U.S. Internal Revenue Service**

- For information on federal taxes-- [www.irs.gov](http://www.irs.gov)

### **Comptroller of Maryland**

- For information on state taxes -- [www.comp.state.md.us](http://www.comp.state.md.us)

*This document is intended for informational purposes only and does not constitute advice. These materials do not provide an inclusive list of all companies and/or services available. Inclusion of companies and/or services in this list does not imply approval or support of these companies and/or services by the National Institute on Aging, the National Institutes of Health, the Department of Health and Human Services or the United States Government.*

## **Where to Live**



The Johns Hopkins Bayview area has many beautiful and affordable neighborhoods within easy commuting distance.

**Fells Point, Patterson Park, and Canton**, about ten minutes away, are among the few remaining urban waterfront residential communities on the East Coast and these three adjoining neighborhoods have many restaurants and bars for dining and live music. A few blocks inland/north are quaint neighborhoods with easy access to Bayview and to downtown Baltimore.

**Mount Vernon**, an elegant and historic neighborhood of restaurants, shops, and galleries, is in the cultural heart of Baltimore. Once the home of such notable

figures as Emily Post and George Peabody, Mount Vernon today offers a variety of historic townhouses, walkup apartments, and modern apartment complexes and high-rises. Nearby are the Peabody Conservatory, Center Stage Theater, and the Baltimore Symphony Orchestra.

South of the Inner Harbor is **Federal Hill**, a neighborhood that has undergone extensive renewal in recent years and now offers a mix of rowhomes and apartments in a charming, old-city neighborhood.

Although a longer commute to Bayview, the neighborhoods surrounding the Johns Hopkins University undergraduate campus present an eclectic mix of students, professionals, and families. Housing ranges from the brownstones and highrises of **Charles Village** to the garden communities of **Roland Park** and **Homeland**.

Suburbs to the northeast include the popular-and-growing **White Marsh** and **Perry Hall**, which have easy access to extensive shopping. New homes and condominiums are readily available.

More to the north of the city are the suburbs of **Mount Washington, Towson, and Pikesville**.

Finally, to the south are the suburbs of **Columbia** and **Laurel** (along with many other towns between Baltimore and Washington). Like White Marsh, Columbia is a rapidly growing community with shopping, schools, and an active housing boom.

For more information on each neighborhood, visit [www.livebaltimore.com](http://www.livebaltimore.com).

Reference: <http://www.hopkinsbayview.org>

There are several apartment complexes that are located along the Johns Hopkins Shuttle line:

- The Marylander:  
[http://www.morgan-properties.com/morganlocations/in\\_brochure.asp?propertyID=5311](http://www.morgan-properties.com/morganlocations/in_brochure.asp?propertyID=5311)
- The Broadview-- <http://www.broadviewapartments.com>
- Charles Towers-- <http://www.charlestowers.com>

**Housing Search resources:**

- The Johns Hopkins Gazette-- <http://www.jhu.edu/~gazette>
- Rent in Baltimore-- [www.rentinbaltimore.com](http://www.rentinbaltimore.com)
- Apartment Guide-- [www.apartmentguide.com](http://www.apartmentguide.com)

**Shuttle services**

Johns Hopkins University offers a shuttle between the Hopkins Bayview campus, the Hopkins Medical Campus, the Hopkins Homewood Campus and points in between. In order to board the shuttle, use must present your Hopkins employee badge. For a map and schedule, visit:  
[www.hopkinsmedicine.org/security/Transportation/shtlsvc.htm](http://www.hopkinsmedicine.org/security/Transportation/shtlsvc.htm).

**Banking**

There are many banks located in the city and several that are located conveniently near the Bayview campus.

- Bank of America-- <https://www.bankofamerica.com/index.jsp>
- Wells Fargo-- [www.wellsfargo.com](http://www.wellsfargo.com)
- 1<sup>st</sup> Mariner Bank-- <http://www.1stmarinerbank.com/>
- M&T Bank-- [www.mandtbank.com](http://www.mandtbank.com)
- PNC Bank-- [www.pnc.com](http://www.pnc.com)
- The **NIH Federal Credit Union (NIHFCU)** offers a variety of low-rate consumer loans, credit cards, mortgages and home equity loans in addition to secured interest-bearing savings, checking and investment accounts. They offer members a complete line of mutual funds, offer credit cards, annuities and insurance products; free car and home buying services; and money management services. The **NIHFCU** provides educational seminars, newsletters and Internet articles to give members helpful financial information. **NIHFCU** has an ATM machine in the BRC. You can join the **NIHFCU** by going to Bethesda. Visit <https://www.nihfcu.org> for more information.



**Grocery/Farmers Markets/Food Stores (around Bayview)**

|   |  |  |
|---|--|--|
| <p><b>Shoppers Food Warehouse</b><br/>Anchor Square <br/>6500 Eastern Ave<br/>Baltimore, MD 21224<br/>443.452.1050</p> | <p><b>Whole Foods</b><br/>Harbor East <br/>1001 Fleet St<br/>Baltimore, MD 21202<br/>Phone: 410.528.1640</p> | <p><b>Giant Food</b> <br/>1400 Merritt Blvd.<br/>German Hill<br/>Dundalk, MD 21222<br/>410-631-1250</p> |
| <p><b>Markets of Highlandtown</b><br/>3500 Bank St.<br/>Baltimore, MD 21224<br/>410-342-3234</p>  | <p><b>Safeway</b> <br/>2610 Boston St.<br/>Baltimore, MD 21224<br/>410-675-3802</p>                          | <p><b>Harbor East Farmers Market</b><br/>(June-November)<br/>1000 Lancaster Street<br/>(between South Exeter Street and Central Avenue)</p>  |

## Baltimore Farmers' Market & Bazaar

Sundays, May 2 through December 19-- 7am-sellout (usually noon)

Location: underneath the Jones Falls Expressway at Holliday & Saratoga streets.

The market has crisp produce, lean poultry and other meats, dairy and nut products, freshly baked breads and more for purchase. In addition, the bazaar offers uniquely crafted gifts and collectibles including handmade accessories, home décor items and original artwork

## Malls (clothing/apparel) (convenient to Bayview)

|  |  |  |
|--|--|--|
| <b>Towson Town Center</b><br>825 Dulaney Valley Road,<br>Towson, Maryland 21204-1010 | <b>White Marsh Mall</b><br>8200 Perry Hall Blvd,<br>Baltimore, Maryland 21236-4901 | <b>Arundel Mills</b><br>7000 Arundel Mills Circle<br>Hanover, Maryland |
|--|--|--|

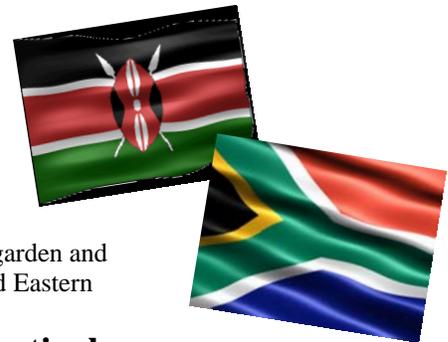
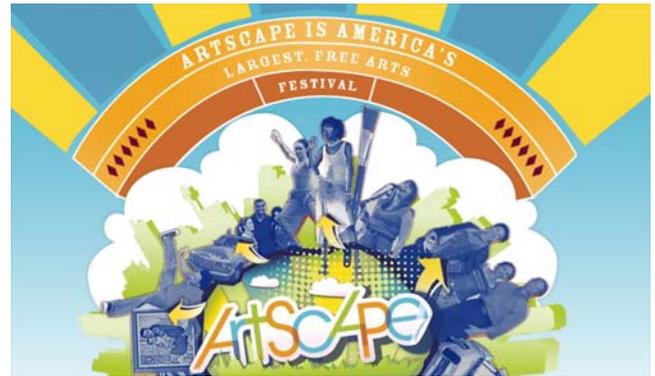
## Recreational

### • Street Festivals

- **St. Patrick Parade**—[www.irishparade.net](http://www.irishparade.net)
  - **March 16, 2014**
  - Baltimore's **St. Patrick Parade** is truly the jewel in Maryland's emerald crown. For more than 50 years, thousands of spectators from the region have crowded the streets and sidewalks of downtown Baltimore and the famous Inner Harbor to watch thousands more march and celebrate Irish culture, music, song, and dance.
- **Beer, Bourbon and BBQ Festival**--[www.beerandbourbon.com](http://www.beerandbourbon.com)
  - **March 21-22, 2014**
  - Location: Timonium Fair Grounds
- **Federal Hill Street Beat Festival: Spring Block Party**-- [www.historicfederalhill.org](http://www.historicfederalhill.org)
  - **April 28, 2013**
- **8th Annual Privateer Day**-- [www.fellspointmainstreet.org](http://www.fellspointmainstreet.org)
  - **April 27, 2014**
  - Walk the plank for Adventure at Fell's Point 2013 Privateer Day with live entertainment and music, vendors, tall ships, a War of 1812 Pier, adult "grog garden," special pirate appearances, children's entertainment & activities pier, the Urban Pirates' ship "Fearless" rides, night-time Pyrate Invasion Pub specials and much more!
  - Location: Fell's Point
- **Federal Hill Street Beat Festival: Jazz&Blues Festival** [www.historicfederalhill.org](http://www.historicfederalhill.org)
  - **June 2, 2014**
- **St. Nicholas Greek Folk Festival**—[www.greekfolkfestival.org](http://www.greekfolkfestival.org)
  - **TBD**
  - Location: Ponca Street, Greektown
- **HonFest**—[www.honfest.net](http://www.honfest.net)
  - **June 14-15, 2014**
  - **HonFest** is a local tradition. The Bawlmer (AKA Baltimore) term of endearment, Hon, short for Honey, embodies the warmth and affection bestowed upon our neighbors and visitors alike by historic working-women of Baltimore. HonFest is an annual celebration in honor of these women. **ALL FREE!!**
- **Baltimore Pride2012**-- [www.baltimorepride.org](http://www.baltimorepride.org)
  - **June 12-22, 2014**



- Baltimore Pride has celebrated the diversity of the lesbian, gay, bisexual and transgender community in Baltimore and throughout the mid-Atlantic. **ALL FREE!!**
- **Latino Festival**—[www.latinofest.org](http://www.latinofest.org)
  - **TBD**
  - Location: Patterson Park
  - **African American Heritage Festival**—
  - **June 21-22, 2014**
  - <http://www.africanamericanfestival.net/>
  - A celebration of the history, culture, heritage and arts of African Americans. The festival embraces rich traditions and provides cultural experiences from the African Diaspora. Location: M&T Bank Stadium.
- **Fourth of July Celebration**
  - **July 4, 2014**
  - The holiday fireworks can be viewed from several locations in downtown and beyond including Federal Hill, Fell's Point, Canton and Rash Field. **ALL FREE!!**
- **Caribbean Carnival Festival**--[www.itsbmorecarnival.com](http://www.itsbmorecarnival.com)
  - **TBD**
  - With a traditional island costumed parade; soca, reggae, and steel drum bands; live international entertainment, elaborate costumes, and Caribbean cuisine, Location: Druid Hill Park. **\$\$**
- **ArtScape**— <http://www.artscape.org>
  - **July 18-20, 2014**
  - Features artists, fashion, visual art, outdoor sculpture, photography, live concerts, dance, opera, theater, film, experimental music and multiple street theater performances...and more **ALL FREE!!**
- **International Festival**
  - **TBD**
  - A celebration of Baltimore's cultural diversity with music, dancing, and a variety of ethnic foods, Location: Poly/Western High School near Falls Road and West Coldspring Lane.
- **Hot August Blues**--[www.hotaugustblues.com](http://www.hotaugustblues.com)
  - **TBD**
  - Location: Cockeysville, MD
- **Ukrainian Festival**-- [www.ukrainianfestival.net](http://www.ukrainianfestival.net)
  - **September 7-8, 2014**
  - A celebration featuring dance groups, Ukrainian Easter Eggs demonstration, musicians, traditional crafts, Ukrainian beer garden and children's activities. Location: Patterson Park at Linwood and Eastern avenues.
- **Federal Hill Street Beat Festival: Street Beat Festival**—  
[www.historicfederalhill.org](http://www.historicfederalhill.org)
  - **TBD**
- **Fell's Point Fun Festival** --[www.preservationsociety.com](http://www.preservationsociety.com)
  - **Oct. 6-7, 2014**
- **Events at Johns Hopkins**- [http://webapps.jhu.edu/jhuniverse/arts\\_&\\_culture/](http://webapps.jhu.edu/jhuniverse/arts_&_culture/)
- **First Friday's in Fell's Point Art Loop**--  
[www.fellspointdevelopment.com/artloop\\_index.html](http://www.fellspointdevelopment.com/artloop_index.html)
- **Russian Festival**



- **TBD**
  - Location: Patterson Park
- **Free Fall Baltimore**
  - **October 1-31, 2014**
  - Free arts events during Arts & Humanities Month, throughout the city. Top area attractions offer more than 100 fun, educational and free activities including workshops, dance and music concerts, films, lectures and history tours.
- **Baltimore Book Festival-- [www.baltimorebookfestival.com](http://www.baltimorebookfestival.com)**
  - **September 26-28, 2014**
  - The festival features hundreds of author appearances and book signings, 100+ exhibitors and booksellers, non-stop readings on eight stages, cooking demos by celebrity chefs, poetry readings and workshops, panel discussions, walking tours, storytellers and hands-on projects for kids, street theater, live music, and a delicious variety of food, beer and wine. Location: 600 Mount Vernon Place
- **Sports**
  - Baltimore Sports & Social Club-- [www.baltssc.com](http://www.baltssc.com)
  - Orioles baseball-- [www.orioles.com](http://www.orioles.com)
  - Ravens football-- [www.baltimoreravens.com](http://www.baltimoreravens.com)
  - Leagues-- <http://www.pattersonpark.com/Activities/sportsleagues.html>
  - Baltimore Golf Courses-- [www.classic5golf.com](http://www.classic5golf.com)
  - Charm City Roller Derby-- [www.charmcityrollergirls.com](http://www.charmcityrollergirls.com)
- **Amusement Parks**
  - Six Flags America--<http://www.sixflags.com/america/>
  - Kings Dominion--<http://www.kingsdominion.com/>
  - Hersheypark-- [www.hersheypark.com](http://www.hersheypark.com)
- **Restaurants**
  - HUNGRY?? Baltimore has a wide range of tastes, sights and sounds! And there is something to suit any palate. Because there are too many restaurants to name, you should visit [www.dinebaltimore.com](http://www.dinebaltimore.com) to get a better idea of the best places to eat!
  - Types of restaurants:
    - Greek, Italian, Americana, Seafood, Vegan, Ethiopian, Afghani, Indian, Thai, etc
- **Beaches**
  - Sandy Point, MD
  - Ocean City, MD--[www.ococean.com](http://www.ococean.com)
  - Atlantic City, NJ--[www.atlanticcitynj.com](http://www.atlanticcitynj.com)
- **Parks**
  - **Baltimore City Parks**
    - Patterson Park- [www.pattersonpark.com/](http://www.pattersonpark.com/)
    - Druid Hill Park
  - **State of Maryland Parks**
    - Camping/boating/hiking/fishing/state parks-- <http://dnr.maryland.gov/index.asp>
  - **U.S. National Parks**
    - Camping/boating/hiking/fishing/state parks-- [www.nps.gov](http://www.nps.gov)



## Cultural

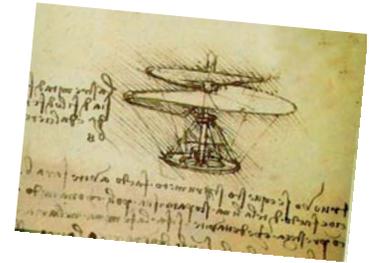
## • Theater

- The Creative Alliance at the Patterson—  
[www.creativealliance.org](http://www.creativealliance.org)
- Vagabond Players--[www.vagabondplayers.org](http://www.vagabondplayers.org)
- Fell's Point Corner Theater-- [www.fpct.org](http://www.fpct.org)
- Baltimore Theatre Alliance, Inc.--[www.baltimoreperforms.org](http://www.baltimoreperforms.org)
- Everyman Theater—[www.everymantheatre.org](http://www.everymantheatre.org)
  - Everyman Theatre is an intimate Equity theatre with a resident company of artists from the Baltimore/Washington area, dedicated to producing quality plays that are accessible and affordable to everyone.
- Events at Johns Hopkins- [http://webapps.jhu.edu/jhuniverse/arts\\_&\\_culture/](http://webapps.jhu.edu/jhuniverse/arts_&_culture/)
- Baltimore Shakespeare Festival-- [www.baltimoreshakespeare.org](http://www.baltimoreshakespeare.org)
- Hippodrome Theater-- [www.france-merrickpac.com](http://www.france-merrickpac.com)
  - Hippodrome Theatre was reborn as the France-Merrick Performing Arts Center, it is the centerpiece not only of world-class stage performances, but of a totally revitalized West Side of Baltimore
- Single Carrot Theater-- [www.singlecarrot.com](http://www.singlecarrot.com)
  - Single Carrot Theatre strives to infuse theatre with new life while entertaining and educating our community with socially significant productions. We will innovate our art form by championing new and diverse works, reinvigorating the classics, and fiercely supporting the growth of young artists.



## • Museums

- Baltimore Museum of Industry-- [www.thebmi.org](http://www.thebmi.org)
  - The Baltimore Museum of Industry (BMI) was founded to preserve the City's rapidly disappearing industrial heritage. The mission of the BMI is to collect, preserve, and interpret the industrial and technological heritage of the Baltimore region for the public.
- The Walters Art Museum-- [www.thewalters.org](http://www.thewalters.org)
  - The Walters Art Museum in Baltimore, Maryland is internationally renowned for its collection of art. The collection presents an overview of world art from pre-dynastic Egypt to 20th-century Europe, and counts among its many treasures Greek sculpture and Roman sarcophagi; medieval ivories and Old Master paintings; Art Deco jewelry and 19th-century European and American masterpieces.
- The American Visionary Art Museum-- [www.avam.org](http://www.avam.org)
  - Visionary art as defined for the purposes of the American Visionary Art Museum refers to art produced by self-taught individuals, usually without formal training, whose works arise from an innate personal vision that revels foremost in the creative act itself.
- The Reginald F. Lewis Museum of Maryland African American History & Culture--  
[www.africanamericanculture.org](http://www.africanamericanculture.org)
  - The Reginald F. Lewis Museum of Maryland African American History & Culture has created a new paradigm for learning that is engaging and visitor-centered – a museum of history and a cultural venue that awakens all of the senses!
- National Great Blacks in Wax Museum--  
[www.ngbiwm.com](http://www.ngbiwm.com)
- Maryland Institute of College of the Arts--  
[www.mica.edu/Events\\_and\\_Exhibitions.html](http://www.mica.edu/Events_and_Exhibitions.html)
- Maryland Science Center-- [www.mdsci.org](http://www.mdsci.org)
  - The Maryland Academy of Sciences is Maryland's oldest scientific institution and one of the oldest such institutions in the entire nation.
- National Aquarium-- [www.aqua.org](http://www.aqua.org)



- Maryland Zoo in Baltimore- [www.marylandzoo.org](http://www.marylandzoo.org)
  - Polar Bear Watch, the Zoo's new state-of-the-art exhibit about life on the edge of the Arctic, features an authentic Tundra Buggy® from which visitors can watch Alaska and Magnet cavort in and out of the water.



## • For the Kids

- Port Discovery-- [www.portdiscovery.org](http://www.portdiscovery.org)

## • Library

- Enoch Pratt Free Library-- [www.prattlibrary.org](http://www.prattlibrary.org)

## • Music

- Jazz-- [www.baltimorejazz.com](http://www.baltimorejazz.com)
- Baltimore Symphony Orchestra-- [www.bsomusic.org](http://www.bsomusic.org)
- Events at Johns Hopkins- [http://webapps.jhu.edu/jhuniverse/arts & culture/](http://webapps.jhu.edu/jhuniverse/arts%20&%20culture/)
- New Wave Singers— [www.newwavesingers.org](http://www.newwavesingers.org)

## • Baltimore-Inner Harbor

- <http://www.baltimore.to/>

## • Historical Sites

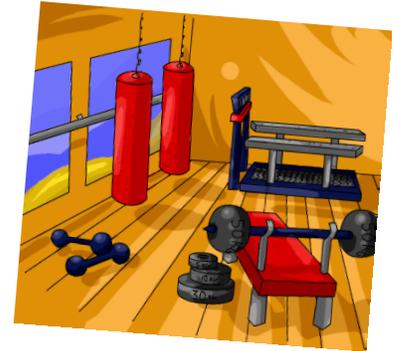
- Fort McHenry- <http://www.nps.gov/fomc/>
- USS Constellation--[www.constellation.org](http://www.constellation.org)



# Health & Fitness

## • Gyms/Exercise

- Bayview Fitness Center (410)550-1690
  - Bayview Campus, Mason Lord Building, Center Tower, Suite 2100
- Merritt Gym—[www.merrittclubs.com](http://www.merrittclubs.com)
  - Experience The Difference! At Merritt Athletic Clubs, you can transform your body with powerful group fitness classes led by the area's most dynamic instructors. Sculpt your muscles and boost your metabolism with state-of-the-art cardiovascular equipment, resistance machines and free weights. Plus, use our pools, tennis, squash and racquetball courts to get fit while you play.
- Gold's Gym-- [www.goldsgym.com](http://www.goldsgym.com)
  - At Gold's Gym you'll find all of the latest cardio and strength training equipment along with a dynamic group exercise program that includes classes like yoga, group cycling, mixed martial arts, muscle endurance training and pilates.
- Charm City Yoga-- [www.charmcityyoga.com](http://www.charmcityyoga.com)
  - Charm City Yoga in Baltimore: A thriving yoga community, where skilled instructors teach a variety of authentic styles for all levels of students at affordable prices.
- BRC Fitness Center-- 3<sup>rd</sup> floor of the BRC (410) 558-8300 x 7002
  - call for membership, new membership orientation, personal training, or a tour
  - The fitness center is open 24 / 7 (for members only)



## • Hospitals

- Johns Hopkins Medicine-- [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)
- Mercy Medical Center-- [www.mdmercy.com](http://www.mdmercy.com)
- Union Memorial-- [www.unionmemorial.org](http://www.unionmemorial.org)
- Good Samaritan-- [www.goodsam-md.org](http://www.goodsam-md.org)
- Greater Baltimore Medical Center-- [www.gbmc.org](http://www.gbmc.org)



- University of Maryland Medical Center-- [www.umm.edu](http://www.umm.edu)
- Maryland General Hospital -- [www.marylandgeneral.org](http://www.marylandgeneral.org)
- Saint Agnes Hospital-- [www.stagnes.org](http://www.stagnes.org)
- St. Joseph Medical Center-- [www.sjmcmd.org](http://www.sjmcmd.org)
- Harbor Hospital-- [www.harborhospital.org](http://www.harborhospital.org)
- **Urgent Care**
  - Patient First--[www.patientfirst.com](http://www.patientfirst.com)

## Baltimore City Links

- **Baltimore City Government**
  - <http://www.baltimorecity.gov>
- **Baltimore Office of Promotion & The Arts**
  - <http://www.promotionandarts.org/index.cfm>
- **Baltimore Downtown Partnerships**
  - <http://www.godowntownbaltimore.com>
- **Live Baltimore**
  - <http://www.livebaltimore.com>



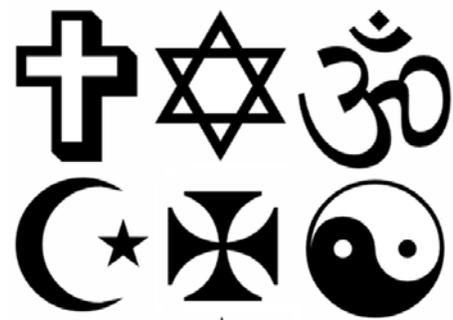
## Transportation

- **Car**
  - While there are several dealers in the areas, we advise that you do the research on finding a trustworthy dealership or car
  - If you choose to rent a car there are several car rental places in the Bayview area.
    - Enterprise-- [www.enterprise.com](http://www.enterprise.com)
    - Hertz [www.hertz.com](http://www.hertz.com)
    - Avis-- [www.avis.com](http://www.avis.com)
- **Airport**
  - Baltimore Washington International (BWI)-- [www.bwiairport.com](http://www.bwiairport.com)
  - Washington Reagan National Airport (DCA)-- [www.metwashairports.com](http://www.metwashairports.com)
  - Washington Dulles International Airport (IAD)-- [www.metwashairports.com](http://www.metwashairports.com)
  - Philadelphia International Airport (PHL)-- [www.phl.org](http://www.phl.org)
- **Train**
  - Baltimore Penn Station -- [www.amtrak.com](http://www.amtrak.com)
- **Public transportation**
  - Baltimore Mass Transit-- [www.mtmaryland.com](http://www.mtmaryland.com)



## Faith-based Institutions

- Baptist-- [www.faithbaptistbaltimore.org](http://www.faithbaptistbaltimore.org)
- Catholic-- [www.archbalt.org](http://www.archbalt.org)
- Greek Orthodox-- [www.stnicholasmd.org](http://www.stnicholasmd.org)



- **Hindu** [www.baltimoretemple.org](http://www.baltimoretemple.org)
- **Islam**-- [www.isb.org](http://www.isb.org)
- **Jewish**-- [www.associated.org](http://www.associated.org)
- **Lutheran**-- [www.nazarethonline.org](http://www.nazarethonline.org)
- **Pentecostal**-- [www.newgenerationipcc.org](http://www.newgenerationipcc.org)
- **Seventh-day Adventist**-- [www.bereatemple.org](http://www.bereatemple.org)

## Newspapers

Several of the papers will give you more information about events in the city.

- City Paper-- [www.citypaper.com](http://www.citypaper.com)
- MetroMix— [www.baltimore.metromix.com](http://www.baltimore.metromix.com)
- Baltimore Sun-- [www.baltimoresun.com](http://www.baltimoresun.com)

## Miscellaneous

### • **IN CASE OF EMERGENCY: DIAL 911**

#### • **Animals and Pets**

- Laws and regulations on pet ownership, licenses, adoptions, and volunteering
  - Baltimore County-- [www.baltimorecountymd.gov](http://www.baltimorecountymd.gov)
  - Maryland Society for the Prevention of Cruelty to Animals-- [www.mdspca.org](http://www.mdspca.org)
  - Baltimore Animal Rescue and Care Shelter-- <http://baltimoreanimalshelter.org>



#### • **Taxes**

- Maryland State Tax information-- [www.comp.state.md.us](http://www.comp.state.md.us)
- U.S. Federal tax information from the Internal Revenue Service-- [www.irs.gov](http://www.irs.gov)



#### • **Employment**

- Some resources for employment specific to the Baltimore area
  - City of Baltimore-- [www.baltimorecity.gov/government/personnel/currlist.php](http://www.baltimorecity.gov/government/personnel/currlist.php)
  - Classified listings in the Baltimore Sun-- [www.baltimoresun.com/classified/jobs](http://www.baltimoresun.com/classified/jobs)
  - Mayor's Office of Employment Development-- [www.oedworks.com](http://www.oedworks.com)
  - The Employment Guide-- <http://baltimore.employmentguide.com>

#### • **K-12 Education**

- Baltimore City Public Schools -- [www.bcps.k12.md.us](http://www.bcps.k12.md.us)
- Maryland State Department of Education-- [www.marylandpublicschools.org](http://www.marylandpublicschools.org)
- Baltimore County Public Schools-- [www.bcps.org](http://www.bcps.org)

#### • **Colleges and Universities**

- Baltimore Hebrew University-- [www.bhu.edu](http://www.bhu.edu)
- Baltimore International College-- [www.bic.edu](http://www.bic.edu)
- College of Notre Dame of Maryland-- [www.ndm.edu](http://www.ndm.edu)



- Coppin State University-- [www.coppin.edu](http://www.coppin.edu)
- The Johns Hopkins University-- [www.jhu.edu](http://www.jhu.edu)
- Loyola College in Maryland-- [www.loyola.edu](http://www.loyola.edu)
- Maryland Institute College of Art-- [www.mica.edu](http://www.mica.edu)
- Morgan State University-- [www.morgan.edu](http://www.morgan.edu)
- Towson University-- [www.towson.edu](http://www.towson.edu)
- University of Baltimore-- [www.ubalt.edu](http://www.ubalt.edu)
- University of Maryland, Baltimore-- [www.umaryland.edu](http://www.umaryland.edu)
- University of Maryland School of Medicine-- [www.medschool.umaryland.edu](http://www.medschool.umaryland.edu)

- **Statistics and Safety**

- For safety concerns and crime statistics in Baltimore
  - Baltimore Department of Police-- [www.baltimorepolice.org](http://www.baltimorepolice.org)



- **Volunteering Opportunities**

- Baltimore County-- [www.baltimorecountymd.gov/Agencies/volunteers/index.html](http://www.baltimorecountymd.gov/Agencies/volunteers/index.html)
- BVU's Volunteer Center-- [www.volunteercentral.net](http://www.volunteercentral.net)
- Live Baltimore-- [www.livebaltimore.com/about/volunteer](http://www.livebaltimore.com/about/volunteer)
- The Maryland Zoo in Baltimore-- <http://www.marylandzoo.org/involved/volunteer.aspx>
- Volunteer Firemen's Association-- [www.bcvfa.org](http://www.bcvfa.org)
- Volunteer Match-- [www.volunteermatch.org](http://www.volunteermatch.org)



- **Voting**

- Baltimore City-- [www.ci.baltimore.md.us/government/elections](http://www.ci.baltimore.md.us/government/elections)
- Baltimore County-- [www.baltimorecountymd.gov/Agencies/elections/index.html](http://www.baltimorecountymd.gov/Agencies/elections/index.html)

**We are glad that you are a part of the NIA-Baltimore team!**

