



Building a caring community for residents who want to remain in their homes safely and affordably while maintaining a meaningful lifestyle.

NEWSLETTER

December 2022



PRESIDENT'S POST

December is here with all the wonderful Christmas cheer to keep us connected with our friends, family, and the community around us.

Your Board and Committee teams have been continuing to lead the organization with services and ongoing improvements. Pat, Margo, Tara, and team have been updating and simplifying the membership forms while Bob, Vicki, Pat, and Margo have been updating the community resources available to all of us. Thank you, team, for your time and effort.

Margo continues her work with the Web update. Our plan is to launch the site in the New Year after a soft launch with our members to make sure everything works as it should. Your feedback will be much appreciated.

Interesting that our need for transportation services is more of a 'global' issue than I ever realized. I am currently visiting a country where public transport is reasonably good and includes 'gold discount cards' for seniors. While having dinner with friends who are in their 70s, they explained how many stops and waits they must plan to get to their destinations using public transport. I explained the ride/share concept of Aging in Place – The Woodlands and they lamented not having such a service in their community. Reminded me of both the need and the generosity of our volunteer drivers who do an excellent job for our members.

Wishing everyone a very Happy Christmas and New Year.

Best wishes

Robyn



Interesting Resources – AARP – From Robyn West

I first joined AARP when I was over 50 and the insurance premium for eye care coverage was, ridiculous! AARP offered discounts which, given my needs, was a good deal. From that time on, the interesting AARP emails arrive faithfully in my Inbox, and it is only recently that I began to explore the member benefits.

In addition to the discounts, there are vast range of resources to tap. Helpful sections on technology, online health classes are two aspects that I will explore more fully... when I have the time and need.

As a student of history, I was interested in how this organization began. A quick google lead me to the life story of Dr Ethel Percy Andrus. What an amazing woman who 'back in the day' also saw the need to support and enable us all to age in our own homes.

I was particularly taken with her vision of 'universal design' homes where people could live safely and comfortably as they age. My 90-year-old parents moved into a retirement village maybe 15 years ago. These places are like resorts where residents can access whatever is needed, for a price of course. However, my father loves gardening and enjoys getting away from the small apartment.

My sisters and I can arrange for my parents to visit our vacation home from time to time. However, we realized that at 90, our parents' day to day needs have changed. Low level contemporary couches and chairs that still look beautiful, now present a health hazard to all concerned. My parents cannot get in and out of them easily and my sisters and I have learned to have great respect for our backs.

Thankfully in the area there is a shop where you can rent chairs that catapult you upright; all sorts of furniture to make your use of the bathroom convenient and safe and best of all, they are very understanding when it comes to changes and cancellations.

In our late 60s we are learning how to best support our parents' independence as we, and they, enjoy these phases of our lives. Wonderful people like Dr Ethel paved the way for us all and I am paying more attention to the resources available at my fingertips....as long as the computer works and that, dear members, is a different story that I will leave for another time.

Aging In Place – The Woodlands is gathering a list of resources which will be valuable for our members. One page of the list is on Page 5 of the Newsletter.

The resources will also be posted on our updated website coming later this month.



Save the Date for Lunch Social at Creek Side Park on Wednesday, Dec. 14



We will have a catered lunch at Creekside Park from 11 AM to 2 PM. From the parking area, it's an easy walk even with walkers to the park and there are tables and chairs and shade.

RSVP: Erika at 832-948-0264 or email aipwtwx@gmail.com

Rides are available for those who need them. Call 281-845-4441 to schedule transportation.



Upcoming Community Events

Academy for Lifelong Learning Open House

Open House January 11th Wednesday 1-3p.m for the Academy for Lifelong Learning 2023 Spring Semester at LSC-Montgomery. Courses cover more than twenty topics such as travel, gardening, safety, and senior issues.

For information and registration go to <https://www.lonestar.edu/all.htm> or call 936-273-7446.

The Woodlands Farmer's Market at Grogan's Mill Center

December 3rd, 10th and 17th - 9 a.m. – 1 p.m. Open year round. Hours vary per season. Vendors include artisan crafts, homemade foods, produce, food trucks and more. It's a great place to find unique Christmas gifts and baked goods for your parties.

For information and registration go to <https://www.grogansmill.org/fmabout>.



Our Members Vacationing in Other Lands

Erika Pratt spent a few weeks in South America.



Beautiful trees in
Buenos Aires,
Argentina



Ceviche is a Peruvian dish typically made from fresh raw fish cured in fresh citrus juices, most commonly lime or lemon

The regatta in Lima, Peru



Robyn West picking cherries
and vacationing in New
Zealand for a summer in the
Southern Hemisphere.

An historical school house from
the 1800s. The building is not
in use but the school continues
to teach pupils.



A pretty beach



Resources That You Can Use

NOTE: These are services provided by other organizations which may be helpful. The information and references to any service or provider shared in this section is for informational purposes only and is not an endorsement or recommendation or implies any vetting by AIP-TW of that service or provider.

MEDICAL ACCESSORIES

- **Interfaith** 281-367-1230 <https://woodlandsinterfaith.org/>
 - Will indefinitely loan canes, wheelchairs, shower chairs, potty chairs, walkers – no charge
- **ProComfort** Sonya Patterson 713-825-7057 www.procomfortmedical.com
 - Wheelchairs, walkers, canes, braces, etc. with insurance, including Medicare & Medicaid. Fitting at home.
 - Custom shoes for those with insurance, including Medicare & Medicaid. Fitting at home.
 - ProComfort handles all paperwork for their payment.

PERSONAL SUPPORT

- **Wildwood United Methodist Church** Cindy 858-442-6247 www.wildwood-umc.org
 - Griefshare program - a structured, 13 week nation-wide program. For anyone suffering a loss (spouse, child, etc).
 - Divorce Care - a structured program available to anyone going through a divorce.
 - Stephen Ministry - Trained lay church members provide one-on-one, emotional support and empathy to those dealing with personal issues (eg: divorce, children issues; death, etc).
 - Do not need to be a church member to attend. Fully confidential. No charge.

TRANSPORTATION

- **Conroe Connection** 936-522-3532 (ADA Scheduling 844-299-6242)
<https://www.cityofconroe.org/departments/transit>
Bus transportation, including ADA buses, around Conroe. Payment of fare is required. Must meet bus at bus stop.
- **Interfaith** 281-367-1230 <https://woodlandsinterfaith.org/>
Age 62+; no income requirement; must be able to get in & out of private vehicle; 1 ride/week; 3 days' notice required; Interfaith may use taxi or med taxi if no volunteer available
- **Meals on Wheels** Brandy 936-756-5855 <https://www.mowmc.org/programs/senior-rides/>
Age 60+ or medical proof of disability; ADA-compliant buses; must live in Montgomery County and destination in MC; destinations outside MC ok for Vets; no limits on number of rides; Can accommodate critical appointments outside of MC via a travel card
- **The Woodlands Methodist Church** 281-796-7447
Age 50+; available to AIP-TW member if also a member of the Church; ask for 48 hours notice; local rides within The Woodlands, South Conroe, Spring; must be able to get in and out of a vehicle
- **The Woodlands Township Trolley** <https://www.thewoodlandstownship-tx.gov/358/Town-Center-Trolleys>
Fixed route around the Woodlands Township center
- **Woodlands Wheelchair Shuttle** 281-562-7900 <https://woodlandswheelchairshuttle.com/>
Door to door service. \$148 minimum round-trip charge. Charges depend on the length of the trip.



Essential to building and sustaining thriving Villages

**Our Village is a
Proud Member of
the Village to Village
Network**

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." –Edith Sitwell

Visit us on Facebook at <http://www.facebook.com/groups/aipw> or visit our website:
<https://aipwtx.clubexpress.com>.

