



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

NEWSLETTER

March 2023

Presidents Post

Hi Members,

I started the day reading a very useful piece of information on our Facebook Post on how often you can refreeze meat. Thanks to Bruce Cunningham for posting that reminder. With the very targeted marketing and 'use by' dates designed to move products off the supermarket shelves, it is sometimes hard to remember what is real and what is a business strategy which can safely be ignored. If you haven't seen the post, the link to the API Facebook page is on the last page of the newsletter.

That reminds me we are still looking for a Social Committee Leader, in the absence of which, our other active and generous members continue to fill that gap. A big thanks to them. Please send me an email (aiptwtx@gmail.com) if you are interested in joining the social committee and want to learn more about what it entails.

I am not a big user of Facebook but it is a great resource once you start clicking on anything to do with Aging in Place, in the broader sense. There are lots of resources available with very interesting tips and techniques. AARP is my 'go to' resource but of course not so good when I am looking for local resources and connections. This is where our dedicated Board Members and Call Managers are of great value, providing information on specific resources that are available to us in the Woodlands.

Hopefully everyone made it through the freeze and unusual weather for this season without too many household and plumbing repairs required. Remember, if you need a hand or information about resources, we are here to lend a neighborly hand.

Enjoy Easter which is not too far away.
Best Wishes,
Robyn

"The earth laughs in flowers." — Ralph Waldo Emerson



Where Do You Want To Go?

Aging in Place has Call Managers standing by to help you get where you need to go. Our volunteer drivers will take you anywhere in The Woodlands including the hospitals in the St. Luke's area.

Request a ride by calling our Call Managers at Aging in Place 281-845-4441.

Beth Kulkarni says the way the system is set up she can fit most of her regular activities in between the Call Manager duties she performs one day a week, usually on Wednesdays. Often that means she is busy quilting baby and lap-size small quilts. She also tutors several people with limited English proficiency.



Erika Bondy Pratt says "My life goes on as usual when I'm the CM. The only times I cannot do it is when I am with my grandchildren or out of the country." Oftentimes, on the day she is CM, she is updating other things she does for AIP-TW. Erika is a current member of the board of directors, a former board secretary and current coordinator of the rideshare program. She is a talented artist and graphics designer who created our organization's logo.

Margo Pearson originally got involved with AIP-TW so she could meet and help people as she drove them places as a rideshare volunteer. "Being a call manager adds to that goal. I have more chances to talk to people and help them get the resources they need." Most calls are requests for rides. "Often I hear a 'slice of their life' as they explain where and why they are going someplace," she says.



Pat Goodpastor is a friendly voice, problem solver and resource, a role she has been fulfilling since she first became a Call Manager in 2018. "It's nice to hear from our members and most of them are so grateful for any help we can give them," she says. She continues with her usual activities—gardening, playing cards and mah-jongg, water aerobics, chores around the house—while monitoring phone calls and emails.

Driver Appreciation – Thanks to all our drivers!



Eileen Andre

Sue B Johnson

Margo Pearson

Sara Bissig

Wendy W Lyons

Erika B Pratt

James T Cook

Ann McAlpin

Gerald W Saber

Sue Griffis

Kristie Miller

Richard W Taylor

Sharon M Heuer

Gloria Moser

Robyn M West

March Social

Arts in the Park

Let's meet at Arts in the Park on Saturday, March 11, 2023, from 2:30 – 4:30 PM @ Northshore Park.

Don't let the lack of transportation stop you from coming. Request a ride by calling our Call Managers at Aging in Place 281-845-4441.

Enjoy an afternoon outdoors with family and friends at Arts in the Park! This FREE event features local vendors selling original artwork, live stage entertainment, children's activities, food trucks and more!

Artists 18 and younger are encouraged to create their very own masterpiece and enter the Youth Art Contest. [Arts in the Park](#) March 11, 2023, 2:00 PM - 6:00 PM @ Northshore Park.



February Social

Aging In Place chose a Music and Dance Program at the Hindu Temple of The Woodlands for its February Social, held on Saturday, February 11.



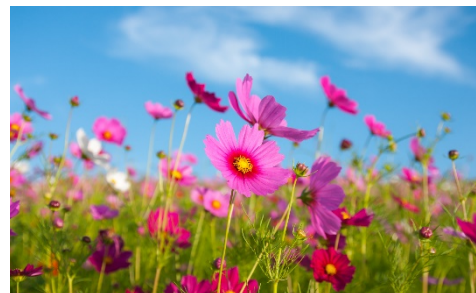
The API members who attended enjoyed a large variety of classical Indian dances performed by a number of highly-trained dancers from throughout the Greater Houston area. The costumes were elaborate and very colorful.

Many of the dances told stories with gestures and hand movements which helped the non-Indian-American members of the audience to better understand the performances.

Interspersed with the dances were vocal performances, including some by those of our elder generation.

The Hindu Temple of The Woodlands was glad to host the AIP members and hopes to do so again.

"Where flowers bloom so does hope." — Lady Bird Johnson



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. Any errors, updates, suggestions, please call us at 281-845-4441.

SOCIAL:

- **Aging in Place, The Woodlands** 281-845-4441
www.aiptwt.clubexpress.com
 - Aging in Place communicates to its members all upcoming events via newsletter and its website.
- **South County Community Center** 281-363-9410
 - The Community Center provides social events Monday through Friday every week.
 - Events include bingo, mahjong, bridge, several types of dancing, tai chi and much more.
 - A paper schedule is available at the Center. The schedule is not available online. No need to register, just show up.
 - Lunch is provided at the Center for Montgomery County residents aged 60+ at 11:30 each day.
- Most churches have social events.

MEDICAL:

- **Dispatch Health** 888-908-0553
<https://www.dispatchhealth.com/>
 - Think of Dispatch Health as an urgent care facility that comes to your home
 - Treats patients 3 months and older.
 - Appointments can be made via phone or online
 - Dispatch can treat almost everything an urgent care can (bronchitis, diarrhea, fatigue, skin infections, bed sores, pneumonia, fever, COVID, sinus infections, breaks, sprains and much more).
 - Accepts Medicare and many other types of insurance.
 - Average out-of-pocket costs are \$32.25 (Medicare Advantage); \$23.16 (Medicare with secondary insurance); \$30.45 (Medicare without secondary insurance)
 - Dispatch Health will call in any needed prescriptions, update your doctor, and handle billing with your insurance company.

Preventing Falls

There's so much about life to enjoy as we age. We need to stay healthy and take steps to prevent falls so we can enjoy our family, friends, and the things we love. Falls are the number one cause of injury in adults aged 65 and older and can lead to serious health problems. Many of these falls are preventable. Here are five tips.

1. Find a good balance and exercise program.
2. Talk to your health care provider. Ask for an assessment of your risk of falling.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses.
5. Keep your home safe with changes such as removing tripping hazards and increasing lighting.

Events

Holi, the Festival of Colors

Holi is a Hindu festival. It will be held at Hindu Temple of The Woodlands on **Saturday March 4 from 11 am to 3 pm**. There will be live music, dance, food booths, and a Holi Color Fun Run.

All are invited. No admission fee, and freshly cooked snack foods are available at nominal cost. Email holi@myhtw.net for more information.

Concert in the Park - Spring Series

At Northshore Park – Sunday 5:30pm – 7:30pm

Concert in the Park on Sundays is a popular family tradition of music and fun for all ages! For more information and updates, please visit www.thewoodlandstownship-tx.gov/concertinthepark.

March 5: Mike Donnell - Country (Sidewalk Chalk Competition)

March 12: Brenda Guy - Soul

March 19: A Sure Thing - Variety (Spring Break Fest)

March 26: The Goods - Variety

April 2: Hannah Kirby - Rock/Blues/Soul (Egg-cellent Sunday)

The Woodlands Farmers Market

Every Saturday

Located in the Grogan's Mill Shopping Center, The Woodlands Farmers Market is home to vendors offering locally grown produce, grass fed beef, Texas handmade artisan cheeses, goat cheese, sustainably cultivated coffee, local honey, breads & pastries, no sugar-added baked goods, prepared tamales, Indian cuisine & Mediterranean food, gluten-free options, and seasonal products. The market is open every Saturday from 9:00 a.m. to 1:00 pm, rain or shine.

<https://www.grogansmill.org/fmabout>

Glade Cultural Center

Every Day

Glade Cultural Center provides a unique and accessible fine arts experience with a hosted fine art gallery and antiquities. Curated museum-like exhibits showcasing local and international artists with acclaimed private and public art collections along with non-profit programs delivered by the Glade Arts Foundation a (501(c)(3) focused on art education, scholarships and community based public art projects.

<https://www.gladeculturalcenter.com/>

March 4 @ 8pm - Yelba's Variety Band pays homage to The Carpenters, the iconic brother-sister duo who dominated the charts in the 1970s with their soft rock and easy listening tunes.

March 25 @ 8pm - Get ready to move and groove to the electrifying beats of Yelba's Variety Band at our Latin Night!

"In the Spring, I have counted 136 different kinds of weather inside of 24 hours." — Mark Twain



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Proud Member of
the Village to Village
Network**



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<https://aipwtx.clubexpress.com>.