



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

**April 2023**

## **Presidents Post**

Dear Members,

Thankfully, spring is well on its way, and we can enjoy the great outdoors of The Woodlands once again. That is, until summer strikes but let's make the most of it.

The new website is in place and the back office administration has been overhauled, thanks to the leadership of Pat Lyons. We are now ready to turn our attention to letting our friends and neighbors know that they are very welcome to join our membership. With that in mind, I will be meeting with Bruce to craft an email that each of you can use to let your friends and neighbors know that there are people close by who are happy to lend a helping hand as we all endeavor to age successfully in homes of our choosing.

Bob Evans continues to lead the effort to help us understand all the relevant resources available to seniors. He and Margo are working together to post this information on the membership section of our website.

One of my biggest priorities, for the next couple of months is to find willing volunteers to lead the communications and social committees. Our current leaders have done amazing work on our behalf and they continue to do the job while we find others to fill the roles.

Wishing you all a Happy Easter, and happy spring time! :-)

Best wishes,  
Robyn



“’Twas Easter Sunday. The full-blossomed trees filled all the air with fragrance and with joy.” —Henry Wadsworth Longfellow

## The AIP Facebook Page - Interesting Articles

Here's an excerpt from a recent article posted on the AIP Facebook page. Click on the link at the end of the article to see more posts and to follow AIP.

### Breakfast Foods for Energy – From Consumer Reports

A mix of fiber and protein is key to boost energy, fend off weight gain, and live longer. These ideas can help you fuel up. The fiber-protein combination can keep you satisfied, boost your energy, and help protect against some illnesses.

Fiber takes the body a while to digest, so it fends off hunger. And the combination of fiber and breakfast helps your health. In a study published in the Journal of the American Board of Family Medicine in 2021, those who ate a morning meal had a 31 percent lower risk of dying from any cause during the study period than those who didn't. But even among breakfast eaters, fiber played a role. Those who had a morning meal and a high fiber intake (more than 25 grams a day) had a 21 percent lower risk of mortality from all causes than those who ate breakfast but got less fiber. Conversely, people who had a high fiber intake but didn't eat breakfast didn't see any benefit.

Like fiber, protein keeps you full. Research shows that eating a protein-packed breakfast keeps blood sugar stable for hours afterward, preventing the energy slumps that lead to snacking and overeating, says Erin Rossi, a dietitian at the Cleveland Clinic's Center for Human Nutrition.

Aim to get at least 8 grams of fiber and 15 grams of protein in your morning meal. Here are a few ways to do that:

- Two scrambled eggs with vegetables and 1 tablespoon of shredded cheese wrapped in a whole-wheat tortilla, plus a medium apple, for 8 grams of fiber and 19 grams of protein.
- A smoothie made with ¼ cup oats (pulverized in a blender first), 1½ cups of frozen berries, ½ cup of nonfat Greek yogurt, ¼ cup of orange juice, and 1 teaspoon of orange zest, for 8 grams of fiber and 17 grams of protein.
- An Oats Oat Cup (Apple Cinnamon) from RX A.M. and ¼ cup of almonds, for 9.5 grams of fiber and 19 grams of protein.

AIP – TW Facebook - <https://www.facebook.com/groups/aiptw/>



Earth Day – April 22, 2023

Earth Day is an annual event to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG involving 1 billion people in more than 193 countries.

“Look deep into nature, and then you will understand everything better.” —Albert Einstein

## April Social – The Wheel Kitchen

Our Social for this month will be a visit to the Wheel Kitchen Restaurant for Lunch on Wednesday, April 12 at 11:00 a.m. This is a very nice restaurant, and their food is healthy and tasty.

**Please RSVP to Aging In Place at 281-845-4441** or send an email by April 10th so we know how many people to expect.

**If you need a ride, please let us know.**

The Wheel Kitchen - Tel. 346-336-8098  
25510 Zion Lutheran Cemetery Rd, Tomball, TX 77375



## March Social – Arts in the Park

For last month's social, seventeen people - AIP members and friends, met at Arts in the Park on Saturday, March 11, 2023. We enjoyed some time outdoors on a beautiful spring day! The event featured local vendors selling original artwork, live stage entertainment, children's activities, food trucks and more.



## 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.

### Transportation - Medical

- Some **Medicare Advantage** plans cover health-related transportation — not only to routine medical appointments, but also to pharmacies to pick up prescriptions — and sometimes even to gyms.
  - If you have a Medicare Advantage policy, you may be able to receive ride-sharing services (like Lyft or Uber), taxis or vans to get to and from your appointments with a low or \$0 copay.
- **Texas Mobile MD** 281-713-6550  
<https://txmobilemd.com/>
  - Provides rides for people who need non-emergency assistance getting to and from medical appointments, focusing on the elderly, disabled, ambulatory outpatients, and people who use wheelchairs
  - Rides can be arranged through the website or by phone
  - Minimum ambulatory rate (one-way) is \$35; minimum wheelchair rate (one-way) is \$55. All pricing details on the website.
  - Depending on the distance traveled, Uber or Lyft may be less expensive for those who are ambulatory.

### Medical - Hearing

- **CaptionCall** Order online or call 833-691-1600  
<https://sorenson.com/solutions/captioning/>
  - CaptionCall converts telephone conversations into easy-to-read, real-time text. It's exclusively for people with hearing loss who need captions to effectively use the phone. Users can better understand everyday phone calls, stay in touch with family and friends, and feel less isolated.
  - No cost; Telephone captioning is a no-cost ADA service that the government funds
  - By law, only people with hearing loss who need captions to use the phone effectively may use CaptionCall
  - As long as you have either landline phone service, high speed internet, or a smartphone, they can connect you with a CaptionCall phone; you can keep the same phone number and provider.

### Hearing Aids

The federal Food and Drug Administration (FDA) has authorized, beginning in October 2022, Over-The-Counter Hearing Aids for people with mild or moderate hearing loss. Village to Village, our umbrella organization, published a report on the various types of hearing aids to help all of us understand our options.



Behind-the-ear aids: Most parts are contained in a small plastic case that rests behind the ear; the case is connected to an earmold or an earpiece by a piece of clear tubing. Sound is sent to the ear through the tubing that connects the case to the receiver and a custom earmold worn in the ear canal.

- Pros: Offers flexible features and considerable low- and high-frequency amplification, making it good for those with severe hearing loss. On larger, traditional models, controls are easy to manipulate and the telecoil mode is easily selected and used. Also, the BTE aids are easy to be cleaned and handled, and are relatively sturdy.
- Cons: Some custom molds are visible. (Clear molds are not.) Vulnerable to sweat and wax buildup, but the tubing and mold are easily cleaned. The earmold must fit snugly and fill the entire ear canal, which can cause a plugged-up feeling.

Mini-Behind-the-Ear Hearing Aids: fit behind/on the ear but are smaller. A very thin, almost invisible tube is used to connect the aid to the ear canal.

- Pros: Comfortable, barely visible. Prevents a plugged-up feeling (especially when using an open ear tip, which is appropriate if you can hear well in the low pitches). Larger versions are easy to insert.
- Cons: Wax and moisture buildup may limit the life of the receiver. Does not allow for significant amplification, especially in the low frequencies.

Traditional In-the-Ear Hearing Aid: All parts of the hearing aid are contained in a shell that fills in the outer part of the ear. The ITE aids are larger than the in-the-canal and completely-in-the-canal aids, and for some people may be easier to handle than smaller aids.

- Pros: Offers more room for features such as telecoil, directional microphone, and wireless streaming. Less of a plugged-up feeling when vented. Relatively easy to insert.
- Cons: May be more visible, and the telecoil might not be as powerful as those on BTE hearing aids because it is smaller in size.

Receiver-in-canal and receiver in-the-ear: Similar to a behind-the ear hearing aid with the speaker or receiver that sits in the ear canal. A tiny wire, rather than tubing, connects the piece behind the ear to the speaker or receiver and typically has a less visible behind-the-ear portion, has directional microphones, has manual control options and may be available with rechargeable battery.

Open fit: An open-fit hearing aid is a variation of the behind-the-ear hearing aid. This style keeps the ear canal very open, allowing for low-frequency sounds to enter the ear naturally and for high-frequency sounds to be amplified through the hearing aid. An open-fit hearing aid is often visible, doesn't plug the ear like the in-the-ear hearing aid styles, often making your own voice sound better to you, but may be more difficult to insert into the ear due to the non-custom dome.

In-the-Canal Hearing Aids: These hearing aids are contained in tiny cases that fit partly or completely into the ear canal. They are the smallest hearing aids available and offer cosmetic and some listening advantages.

- Pros: Barely visible, less of a plugged-up feeling because the aid sits deep in the canal. Larger units can include directional microphones, while CICs do not.
- Cons: Discomfort is a problem for many. These models are susceptible to moisture, and the receiver is vulnerable to clogging from earwax. The battery tends to be small, so battery life is relatively short. May be challenging to handle and adjust.



## Events

### **The Woodlands Waterway Arts Festival**

April 14 – 15 - The Woodlands Waterway and in Town Green Park

Named the #1 Texas fine arts festival and #6 in the nation, Fidelity Investments The Woodlands Waterway Arts Festival features artwork from nearly 200 juried artists from across the country.

Festival guests have the unique opportunity to enjoy a vibrant outdoor art gallery with music, food and kid's activities while shopping for art created by fine artists from around the world and nation! Selected artists display unique original artwork ranging across a variety of mediums at the festival.

<https://www.thewoodlandsartscouncil.org/p/festival>

### **The Woodlands Farmers Market**

Every Saturday - 9:00 a.m. to 1:00 pm, rain or shine

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.

You may see other AIP members as you wander around.

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

### **Insperty Invitational Golf Tournament**

April 26 – 30

The Woodlands Country Club: Tournament Course 1730 South Millbend

The Insperty Invitational is a professional golf tournament held annually in The Woodlands, Texas on the PGA Tour. The 20th edition of the Insperty Invitational returns to The Woodlands Country Club Tournament Course. Grounds admission is complimentary.

Please check the event website for parking and shuttle information.

<https://www.visitthewoodlands.com/events/races-and-competitions/insperity-invitational/>



"The world is mud-luscious and puddle-wonderful". — e. e. cummings



Essential to building and sustaining thriving Villages

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Proud Member of  
the Village to Village  
Network**

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