

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

**August 2023**

## **President's Post**

Hi Members,

I feel quite guilty commiserating with y'all living in a very uncomfortable heat dome, while I am sitting under the umbrella, by the most magnificent beach in the Florida Panhandle. The water is crystal clear and a perfect temperature. Heading home on Sunday.

Enough on the travel log and down to business.

We had our bimonthly Board Meeting last week and agreed that in September we will spend time on the direction our organization needs to take to continue to provide neighborly support for aging independently in our homes.

We currently have 63 members; 15 people on average use our rides, approximately 25 enjoy the monthly socials and one or two others use 'helping hand services' such as computer assistance or small household tasks. Most of the rides are for people needing to get to and from medical appointments when all other options are exhausted.

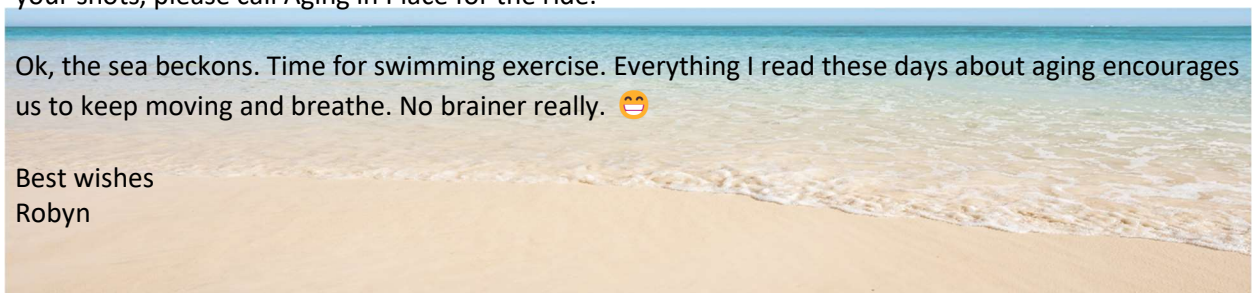
Bob Evans has done a great job researching resources available in our community which also provide support as we age. We had made access to this list for 'members only' on our website. However, usage would indicate that not many members access this information. It was decided that we should make the information generally available as a service to our community and also to encourage people to join Aging in Place – The Woodlands.

The web analytics on our site are not very sophisticated so please log on before you access the pages. Then we will know if it is members or the general public who are interested in the information. Give us a call if you need help logging in.

Moving to a different topic. Bruce reminded us at the board meeting that more information is in the news about booster shots for Covid. I am 'painfully' aware of all the shots we need after 65. Of course, these are your decisions to make. Do remember, if you need a ride to the pharmacy or doctor to get your shots, please call Aging in Place for the ride.

Ok, the sea beckons. Time for swimming exercise. Everything I read these days about aging encourages us to keep moving and breathe. No brainer really. 😊

Best wishes  
Robyn



## Getting to Know You

July's Question - Where were you born? Here? There?

Eighteen people answered with a wide variety of locations from coast to coast and around the world.

Jackson Heights, Queens, NY	Sinton, TX
Minneola, NY	Butte, MT
Paterson, NJ	Gillette, WY
Jersey City, NJ	Seaside, OR
Charleston, WV	Clovis, CA (two sisters)
Shaker Heights, OH	Tegucigalpa, Honduras
Detroit, MI	Johannesburg, S. Africa
Toronto, ON, Canada	Cuba
	Bombay, India



### August's Question – Who has lived in lots of places?

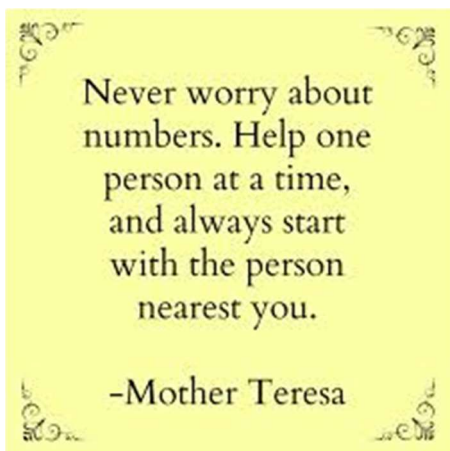
Email us at [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com) with the Subject Heading "Places I've Lived."

One of our respondents challenged us, noting that he has lived in ten places – Toronto; Calgary; Plano, TX; Tripoli, Libya; Spring (twice); Denver; Southlake, TX; Jakarta, Indonesia; and The Woodlands.

## Neighbors Helping Neighbors

As our President, Robyn mentioned in last month's newsletter, let's all reach out to people who may have a need for our neighborly support, or who would like to volunteer to provide support.

Can you help us? Do you know anyone who needs help or may be interested in providing help? If so, please give them our contact information. We'll be happy to talk to them. AIP-TW at 281-845-4441 or email to [Aiptwtx@gmail.com](mailto:Aiptwtx@gmail.com). They can also visit our website at [www.aiptw.org](http://www.aiptw.org).



If your contacts do not need or wish to join us, then maybe they know others who do and you can encourage them to 'spread the word'.

Thanks for doing what you can to create a caring community of neighbors helping neighbors. Let's 'Spread the word'.

You'll receive a reminder email in a few weeks from Aging in Place with information that you can use to discuss AIP-TW with your friends and neighbors.

## Happy August Birthday!



Barbara Conroy

Wendy W Lyons

Kathryn Means

Margaret M Czapko

## August Social – See you there!

Our August Social will be at President Robyn West's home in the Panther Creek Village. A lunch buffet will be provided on August 23 starting at 11:30. AIP-TW socials are open to all members.

Please RSVP to AIP at 281-845-4441 or email to [Aiptwtx@gmail.com](mailto:Aiptwtx@gmail.com) for more details. **Let us know when you RSVP if you need a ride.**

## July Social

Fifteen people, members and family, enjoyed front row seats in the mezzanine to see the Cirque de la Symphonie with the Houston Symphony at Mitchell Pavilion on July 20.





## Driver's Social

James (Terry) Cook and Erika Pratt were honored at a social for Drivers and Call Managers.

James and Erika have provided the most rides this year. We appreciate the time they spend helping others.

The social was hosted by Erika in her beautiful art-filled home. It was an opportunity for the Drivers and Call Managers to meet in person.

Many of the Board Members also attended and expressed their appreciation for the drivers and call managers.



Upside-down copper pots hold a bountiful feast!



## Events / Activities – Gardening - Aug 9



Calling all plant enthusiasts! Are you looking for some new plants or looking to get rid of the plants you already have? Stop by the library's first-floor meeting room on August 9 to swap seeds, cuttings, or plants. Bring one, swap one!

Participants will also get the opportunity to listen to a gardening discussion with Master Gardener, Bob Dailey.

South Regional Library in Montgomery County Memorial Library System 2101 Lake Robbins Drive

## Events / Activities – Lone Star College – Academy for Lifelong Learning

For a \$25 fee, people of any age can take in-person or online classes at any of the various LSC campuses. There are several classes under the topic Senior Issues. These include advice on navigating Medicare, making your late-in-life move, preparing 'what if' notebooks and similar topics. You can register on line or in person. <https://www.lonestar.edu/all.htm>

You can also attend the Fall 2023 open house for Lone Star College Montgomery to talk to faculty and learn more. The Open House is Wednesday, August 16, 1-3 p.m. in Building B-Atrium on the main campus at 3200 College Park Drive. The phone number for more information is 936-273-7446. For a map of the campus: <https://www.lonestar.edu/maps-montgomery.htm>

Here is the complete list of topics for Lifelong Learning from the Lone Star website.

### Academy For Lifelong Learning Schedule

Arts & Crafts . . . . .	26
Computer & Technology . . . . .	28
Culinary Arts, Food & Cooking . . . . .	30
Financial & Legal . . . . .	31
Fun, Hobbies & Recreation . . . . .	32
Gardening . . . . .	36
Genealogy . . . . .	36
Health, Fitness & Nutrition . . . . .	37
History . . . . .	41
Languages . . . . .	45
Movies, Music & Theater . . . . .	45
Philosophy . . . . .	46
Politics & Community . . . . .	47
Reading & Writing . . . . .	48
Safety . . . . .	50
Science & Nature . . . . .	50
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<b>Campus &amp; Contact Information</b> . . . . .	58
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## Resources That You Can Use

The resources, here and on our website, 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.

Some of the resources categories listed on our website are:

- Transportation
- Medical Treatment at Home
- Medical Accessories
- Personal Support - Lay, Divorce and Grief Counseling
- Meals
- Social Activities
- Technical Support - Computer, Phone, Internet
- At Home Support - companionship, light housekeeping, run errands, etc

... and More

Here's an example of the resources on our website.

#### **HANDYMAN SERVICES:**

- **Carpentry By Design (The Honey Doo Man)** John Bishop 936-520-7521
  - Will handle a wide variety of handyman home projects, including plumbing, electrical, cabinet refacing, remodeling, etc.
- **Handyman Connection** 832-680-5559
  - Carpentry, deck services, drywall, electrical fences, flooring, maintenance, painting, plumbing, remodeling

## **Dog Days of Summer!**

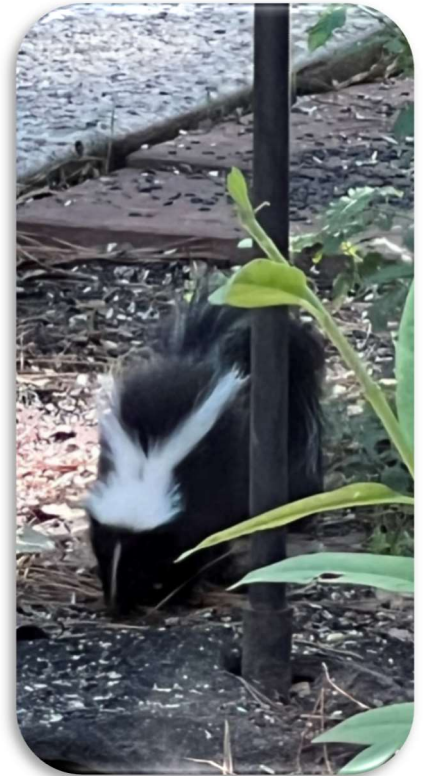


In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid-to-late summer contributed to the extreme weather of the season. The “combined heat” of super-bright Sirius and our Sun was thought to be the cause of summer’s sweltering temperatures.

The name “Sirius” even stems from the Ancient Greek seírios, meaning “scorching.” Sirius is the brightest star in the constellation Canis Major, which means “big dog” in Latin and is said to represent one of Orion’s hunting dogs.



## Back Yards in the Summer Time from AIP Members





Essential to building and sustaining thriving Villages

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

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

Contact us at:

Aging in Place – The Woodlands  
P.O. Box 133291  
Spring, TX 77393

281-845-4441

[Aipwtw@gmail.com](mailto:Aipwtw@gmail.com)