

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

September 2023

President's Post

Dear Members,

Am I dreaming, or is it a little cooler in the mornings? All things being relative, it certainly is wonderful to take a bike ride without fear of heatstroke!

Talking of physical activity, this is my latest commitment to myself. As we advance in years, our bodies need special attention. Everything I read highlights the need for regular physical activity to stay fit and healthy. Intellectually I know this, but there is always something else to do. The various classes recommended for older adults, like yoga, Tai Chi, dancing etc., drop to the bottom of my list.

I remember encouraging my 91-year-old mother to exercise. She told me she was doing just fine getting from the bedroom to the kitchen lounge in under 30 seconds with the help of her walker device. You know that Tee Shirt . . . am I turning into my mother?? Seriously, there are lots of online classes offered via websites like AARP. If you prefer in person workouts, local organizations like Interfaith of The Woodlands and the YMCA have classes designed for older adults. Remember, we can transport members to these exercise classes. We even have a member willing to take a walk with you.

The last month has been a time of travel and family commitments for many of the Board members. In addition to these commitments, our Social Team and Transportation Team have been busy providing the neighborly support needed by members. Our Treasurer, Wendy Lyons, volunteered to recognize members' special events and milestones, as well as sending cards of encouragement when needed. Thank you, Wendy, for spreading a little sunshine into our members' lives.

I would like to thank Margo and Vicki for creating this interesting and fun newsletter.

Enjoy the start of Fall.

Best wishes

Robyn

According to the Old Farmer's Almanac.com for New England: Throughout the month of September, we expect cool weather across the northeastern U.S., where there could be some early crispness in the air.

Wouldn't that be nice!



Getting to Know You

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

We have lots of fascinating answers!!



<p>(9) Toronto Calgary Plano, TX Tripoli, Libya Spring (twice) Denver Southlake, TX Jakarta, Indonesia The Woodlands</p>	<p>(14) Paterson, NJ Evanston, IL Glenview, IL Manhasset, NY South Bend, IN Bainbridge, MD Windsor Locks, CT Groton, CT Concord, CA Winter Park, FL Emmaus, PA Baton Rouge, LA Mexico City, MX The Woodlands, TX</p>	<p>(12) Shaver Lake, CA Lemon Cove, CA Visalia, CA Happy Camp, CA Yreka, CA Stockton, CA Sacramento, CA Durham, NC Reading, PA York, PA Houston, TX The Woodlands, TX</p>	<p>(13) Seaside, OR Sacramento, CA Honolulu, HI, Haiku, Maui Hilo, HI Kailua, HI Burnby, BC Salem, OR Corvallis, OR San Jose, CA Wilmington, NC Champaign, IL The Woodlands, TX</p>	<p>(16) San Francisco, CA twice Annapolis, MD San Diego, CA twice Newport, RI Mayport, FL Fort Bragg, NC Coronado, CA Saigon, Vietnam Can Tho, VT Monterey, CA Long Beach, CA Tokyo, JA Port Ludlow, WA Spring, TX</p>
<p>(14/22) NY City, White Plains NY Washington, DC Lake Barcroft, VA Quantico VA Ft. Belvoir, VA Cincinnati, OH Chicago Camp Lejeune, NC Governor's Island Karachi, Pakistan Jeddah, KSA Hanoi, VT NYC AREA 8 times</p>	<p>(17) Baltimore, MD Arlington, VA Falls Church, VA (2) Panama (Canal Zone) Alameda, CA San Leandro, CA Oak Harbor, WA McLean, VA Bremerton, WA Blacksburg, VA Arlington, VA (again) Annandale, VA Columbia, MO McLean, VA (again) St. Paul, MN The Woodlands, TX</p>	<p>(17) India: Bombay, Bilaspur, New Delhi, Poona, Lucknow, Kanpur, Barrackpur, Howrah, Calcutta, Bangalore. USA: NYC, St Louis, Burlington IA, Houston, Los Angeles, Corpus Christi, Clear Lake, The Woodlands. ("In my life, I loved them all" - The Beatles 1966!)</p>	<p>(15) Port Washington NY Virginia Beach, VI Valdosta, GA Panama City, FL Morehead City, NC Corpus Christi, TX East Hartford, CT New Haven, CT Worcester, MA Concord, CA Winter Park, FL Emmaus, PA Baton Rouge, LA Mexico City, Mexico The Woodlands, TX</p>	<p>(11+) Ithaca, NY Cortland, NY Walton, NY Rochester, NY Washington, D.C. Houston, TX Marin County, Ca Tokyo, Japan Saudi Arabia (various sites) Port Ludlow, WA The Woodlands, Tx.</p>

Two Stories from Lives Lived in Fascinating Places

I have lived in Jakarta, Indonesia. My husband and I moved to The Woodlands from Jakarta. Other foreign countries where we've lived are Turkey, Holland, England and Australia. I have also lived in five U.S. states. NT, Ohio, California, Wyoming and Texas, including Dallas, Spring, Harlingen, and of course The Woodlands. I am often asked which foreign country I liked the most. I liked all of them for different reasons, but I'll have to say Aussies are the friendliest and the Brits weren't stuffy at all.

Places and Food I Loved

- * Lived in Honduras for 30 years which reminds me today in Dallas we invited a couple for lunch and made Honduras' food: Salpicón, plátano frito, frijoles, arroz, guacamole Honduran style, queso fresco and corn tortillas.
- * Lived in Islamabad, Pakistan for 5 and 1/2 years and went on a camel safari in the Cholistan Desert for eight days. Lots of fun to gallop on those camels. We ate lots of delicious curries.
- * Lived in Amman, Jordan for 3 years, we were evacuated for 10 months when Iraq started a war with Kuwait. Again loved the people, the area and delicious Mediterranean food.
- * Lived in Bogotá, Colombia for 4 years where the food is similar to the Honduran food and enjoyed the music, the dancing, the Zarzuelas (Spanish Operettas).
- * Lived in the D.R. Congo for 11 months. Ate Fufu (sticky dough=like dish made of cassaba flour) with fish and sauce. Saw Baobab trees for the first time.

Now the question for September – our last question in this series.

How long have you lived in The Woodlands?
Do you remember the time before Town Center?



Happy September Birthday!



Brooksie M Smith
Diana L Roe
Ardeth M Alcorn
Adele F Yung
Erika B Pratt

Editors' note – Each month, we've been fortunate to receive information about interesting events and resources from AIP members. If you have information, comments or questions that you'd like to see in the Newsletter, please email us.

Margo (Margo@intercomtraining.com) or Vicki (treespace@comcast.net).

August Social – Cancelled

~~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.~~

Unfortunately, our August Social was cancelled due to the rising incidence of COVID. Our Social Event Committee members had friends who got COVID which brought it back to their attention.

Please remember we can help one another and AIP can provide rides to the pharmacy or doctor for booster shots and vaccinations. While the vaccinations may not prevent you catching COVID, they do appear to give your antibodies a head start and reduce the severity of the illness. Also let us know if you are unwell and maybe need some jobs done or if you would appreciate a friendly voice on the phone.

September Social – See You There!

Lunch at Rob Fleming Park in Creekside Village - 11:30 on Wednesday, Sept 20

We had a social here once before and had a good time. We were looking for an open space, so it's perfect. The social will start at 11:30 a.m. We'll have pizza, salads and drinks for lunch.

It's an easy walk from the parking lot to the park, even with a walker. There are tables, chairs and shade. RSVP: Erika at 832-948-0264 or email aiptwtx@gmail.com



6262 Creekside Forest Drive, west parking lot at Rob Fleming Park

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



December Social 2022

Events / Activities – September

Labor Day in The Woodlands

Sunday, September 3, 2023

Celebrate Labor Day in The Woodlands!

Relax and enjoy the fruits of your labor at Waterway Square on Sunday, September 3, 2023 from 5 to 8 p.m. with live music, children's activities, strolling entertainment, pie eating contests and more! Free craft activities while supplies last, and complimentary face painting and balloon art!

Coolers, picnic baskets, blankets and lawn chairs are permitted. Glass is prohibited.



Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.

The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being. Quote from Department of Labor

"The more I want to get something done, the less I call it work." — Richard Bach

"I have not failed. I have just found 10,000 ways that won't work." — Thomas Edison

Houston Country, Folk, & Blues Festival at The Woodlands

Wednesday, September 30, All day beginning at 10 a.m.

Town Green Park, 2099 Lake Robbins Drive,

Come and enjoy major concerts, 100 artists and crafters, a farmers market, dozens of contests and attractions. Check out the Taste of Texas Food Garden. National recording artists will be performing throughout the afternoon and evening on the main stage.

www.houstonfolkfestival.com /FREE ADMISSION

Arts in the Park featuring The Woodlands Renaissance Faire

Saturday, September 23, 2023 10:00 AM - 7:00 PM

Hear Ye! Hear Ye! Arts in the park presents The Woodlands Renaissance Faire. It will feature live musical performances by local artists and The Woodlands Symphony Orchestra players. Other activities include children's arts and crafts, face painting, local vendors, strolling entertainment, Renaissance themed youth and adult costume contests and much more!



Enjoy a day out with family and friends at Rob Fleming Park! 6055 Creekside Forest Dr.

The Woodlands, TX 77389 Contact: 281-210-3800



American Heart Association - Heartsaver CPR AED class

Saturday, September 9 or 30 9:00 AM - 12:00 PM

This event may help save a life. You must call or email to register.

Held at The Woodlands Emergency Training Center

16135 IH-45 South, The Woodlands, TX 77385 Contact: 281-210-5823

The Impact of Generative Artificial Intelligence on Art, Artists and Society

Friday, Sept. 8, 2023, 12:00 PM CT - Webinar

This webinar is a very relevant recommendation from one of our members. Artificial intelligence (AI) is a topic that will affect all of us over the next few years. This event is a webinar. Here's the link to register. https://riceuniversity.zoom.us/webinar/register/WN_MmXYNGiBSjYkjlDks03iw#/registration

Join this webinar to learn about the complex, rapidly evolving relationships among art, artists and generative AI. The two discussion leaders are a Glasscock School educator-artist, who is experimenting with AI to create inspirational images for her oil and acrylic paintings, and a computer engineer-artist, who studies art and AI with Adobe Research.

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.

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

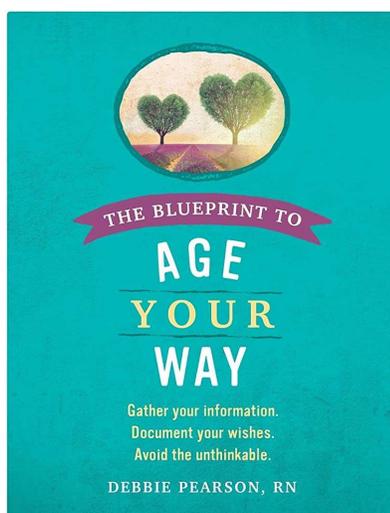
Houston Ground Angels 832-301-2816 (info only)

<https://groundangels.org/>

- Houston Ground Angels' volunteer drivers provide ground transportation from home to the Texas Medical Center or other medical facilities.
- Reservations must be made through the website, not by phone. Each way of a round trip requires a separate reservation. The rider estimates the time for the return trip and updates the driver via cell phone if delayed.
- This service is offered for those requiring critical care, such as cancer treatments, not for traditional preventative or minor illness doctor's appointments.
- Houston Ground Angel's can accommodate a wheelchair only if the wheelchair folds up and the patient can get in and out of a car by themselves or with a caregiver's help.
- Cost: free (no tipping allowed)

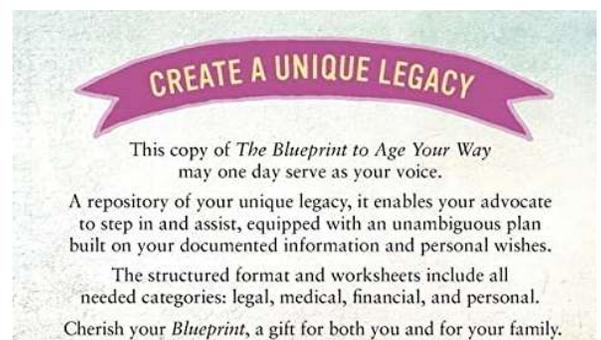
Another Resource

The author spent more than 40 years caring for others as a nurse and court appointed guardian. She cared for people who couldn't make decisions for themselves and felt she had to guess at what they wanted. She felt there should be a better way.



"Age Your Way" came from her system to gather information and document her patients' wishes to be used when they couldn't direct their own care.

www.Ageyourway.com





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

Visit us:

Facebook at <http://www.facebook.com/groups/aiptw>

Our website: <https://aiptwtx.clubexpress.com>

Contact us at:

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