



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

November 2023

President's Post

Hi Members,

Reading the weather section of the news this morning, my eye caught the headline about next week's weather - 'Dropping faster than a witch's broomstick in a thunderstorm'! Yes, it sounds like fall, or maybe early winter, may be on its way. Not that I am a fan of the cold, BUT I do like the fact the cold comes, and then goes...quickly.

With the end of the year looming, your Board is working on our priorities for next year. We decided to move our Annual Meeting to January to coincide with the calendar year. This is your opportunity to spend a little social time with other members and to select the Officers and Board Members for the coming year. Erika will organize the event which will be held at Roberto's Restaurant. (See page 2)

Are you interested in being on the Board? Board members provide vision, ideas and direction for our organization. There are also opportunities on the Membership and Social Committees. Contact Margo@intercomtraining.com. Your willingness to participate is very much appreciated by all of us.

I hope you were able to join us at our social lunch on Wednesday November 1. It was a potluck lunch which gave those who attend an opportunity to sample members' favorite dishes and maybe swap recipes.

With winter almost on us, my email Inbox is often filled with reminders about protecting one's health. If you need a ride to get your vaccinations or annual checkups, do call our wonderful Call Managers to schedule a ride. Our newsletter this month has some articles about safety during this holiday season.

As this is the month of Thanksgiving, I would like to sincerely thank our members who volunteer their time to help other AIP-TW members. 'Neighbors helping neighbors to remain in homes of our choosing' is what we are all about. Wishing you all a very Happy Thanksgiving with your families and friends.

Best Wishes,
Robyn West

I awoke this morning with devout thanksgiving for my friends – the old and the new.
Ralph Waldo Emerson



Happy November Birthday!



Judith Moore
Virginia Mansour
Pat Evans
Barbara Trageser

Sue Johnson
Jane Johnson
Tara Sapru
Robert Evans

Upcoming Aging In Place – The Woodlands Social Events

AIP-TW December Social

Let's get together before Christmas for a wonderful luncheon and socializing. Watch for details and an invitation later this month.

AIP-TW General Meeting

Roberto's Restaurant

Save the date – Jan 11, 2024

AIP -TW will have a General Meeting for all members on Jan 11. We will talk about organization goals and elect Board Members and Officers. Hors d'oeuvres provided.

It will be great to see everyone. Please call AIP for a ride if you need one.

Events / Activities – November

The Christmas season is beginning this month with lots of events to attend. We are looking forward to the events of the season and hope we won't have a repeat of the snowy cold weather of the last couple of years.



February 15, 2021

The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart – Helen Keller

Threads of Joy – Woodlands Art Council

The Woodlands Art Council recently moved to a new location at 9540 Grogan's Mill Road, suite 160. Their inaugural exhibit, Threads of Joy, Oct. 3 - December 7, is a retrospective exhibition of 87-year-old fiber artist Ivy Jensen's designs which have been widely featured in shows and exhibits. She is an inspiration for older adults who want to remain active and engaged.

<https://www.thewoodlandsartscouncil.org/events/2023/threads-of-joy-exhibit>

October 3 - December 7, 2023 – Tuesday through Thursday, 1PM – 4PM

Rooted in Hope - FaithsTogether



FaithsTogether of The Woodlands
Warmly invites you to our 25th annual observance

ROOTED IN HOPE

TUESDAY, NOVEMBER 14, 2023
6:50 PRELUDE/7PM START

Hosted this year by
Lord of Life Lutheran Church
3801 South Panter Creek Dr.
The Woodlands 77381

*Come experience the Thanksgiving
holiday spirit through the words and
music of many faiths!*

Please bring a canned good to donate to the
Interfaith food pantry

FaithsTogether is a fellowship of religious communities that honors
spiritual diversity by building relationships and understanding among
people of different faiths.
The location of the FaithsTogether Observance rotates each year.

LEARN MORE AT WWW.FAITHSTOGETHERTHEWOODLANDS.COM

Market Street in Lights

November 16 - December 31

Experience Market Street in Lights! Enjoy a three-minute light show synchronized to your favorite holiday songs by the 70-foot-tall Christmas tree in Market Street Park. The tree will dazzle as it "performs" daily every hour on the half-hour, beginning at 5:30 p.m. through 9:30 p.m.

<https://www.visitthewoodlands.com/events/holiday/market-street-in-lights/>

Lighting of The Doves

November 18, 2023 – 3PM – 8PM

Town Green Park

Lighting of the Doves is a long-standing tradition in The Woodlands with the ceremonial illumination of the giant doves. This family-friendly festival includes complimentary balloon art, face painting, and a children's craft activity with The Woodlands Children's Museum (while supplies last). Strolling entertainment will wow the crowd with juggling and other talents. Concessions and vendor booths will be selling food, drinks, and other items available for purchase.

<https://www.visitthewoodlands.com/events/holiday/lighting-of-the-doves/>

Woodlands Market Street Christmas Concert

Saturday, November 25, 2023 2:00 PM 3:00 PM

The Woodlands Town Center

'Tis the season for holiday cheer! Join us in The Woodlands Town Center as we perform festive holiday favorites to get you in the spirit of the season! This concert is free and open to the public. Due to the outdoor nature of the event, it is recommended that attendees bring a chair or a blanket to sit on. Festive holiday wear is encouraged!

<https://www.monarchchamberplayers.org/upcoming-events/woodlands-market-street-christmas>



The Nutcracker Ballet

November 24 – 26

The Woodlands Resort, 2301 North Millbend Drive in The Woodlands

The Woodlands Nutcracker is presented by Vitacca Ballet & School for Dance from November 24-26, 2023 at The Woodlands Resort. There are both evening and matinee performances. The Nutcracker is a dazzling holiday tradition for children and adults of all ages. Bring your family and friends on Clara's magical journey from her Victorian-era home on Christmas Eve into the Land of Snow and Kingdom of Sweets. Audience tables go on sale Sunday, October 22 at 8:00 AM. More information – 281-367-7185

<https://vitaccadance.com/nutcracker>

Junior League Holiday Market

November 17 – 19

The Woodlands Waterway Marriott Hotel & Convention Center

The Annual Junior League Holiday Market is a shopping extravaganza event that features a variety of items from local boutiques to personalized gifts to holiday ornaments. You can begin your holiday shopping early and even have time left over to buy yourself something special.

All proceeds from this event will go directly into programs addressing food insecurity, teen empowerment, and standing in the gap for women, children, and families in our community.

<https://thewoodlands.jl.org/support-us/junior-league-holiday-market/>

Resources 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 are for informational purposes only and are not an endorsement or recommendation and do not imply any vetting by AIP-TW of that service or provider. Any errors, updates, suggestions, please call us at 281-845-4441.

10 Ways to Stay Safe as You Deck the Halls this Holiday Season – Red Cross

The holiday season is here, and the American Red Cross wants everyone to stay safe they decorate their homes for the upcoming festivities. Decorations like trees, lights and candles increase the risk of home fires during the holidays.

You can follow these 10 simple safety tips as you put up lights and ornaments:

1. Check all holiday light cords to make sure they aren't frayed or broken. Don't string too many strands of lights together—no more than three per extension cord.
2. If buying an artificial tree, look for the fire-resistant label. Position it from fireplaces, radiators and other sources of heat.
3. If getting a live tree, make sure it's fresh and water it to keep it fresh. Bend the needles up and down to make sure no needles fall off.
4. If using older decorations, check their labels. Some older tinsel is lead-based. If using angel hair, wear gloves to avoid irritation. Avoid breathing in artificial snow.
5. When decorating outside, make sure decorations are for outdoor use and fasten lights securely to your home or trees. If using hooks or nails outside, make sure they are insulated to avoid an electrocution or fire hazard.
6. If using a ladder, be extra careful. Make sure to have good, stable placement and wear shoes that allow for good traction.
7. Don't use electric lights on metallic trees.
8. Don't forget to turn off all holiday lights when going to bed or leaving the house.
9. Keep children, pets and decorations away from candles.
10. If hanging stockings on the fireplace mantel, don't light the fireplace.



The Red Cross wants people to stay safe from home fires—the nation's most frequent disaster—by testing their smoke alarms and practicing their home fire escape plan with free resources at www.redcross.org/homefires.

Cooking safety starts with YOU! Pay attention to fire prevention – National Fire Protection Association

Cooking is the leading cause of home fires, with nearly half (49 percent) of all home fires involving cooking equipment. Unattended cooking is the leading cause of home cooking fires and related injuries and deaths.

Here are ways to be safe:

- Always keep a close eye on what you're cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.
- Clear the cooking area of combustible items and keep anything that can burn, such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.
- Create a "kid and pet free zone" of at least three feet (one meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

Staying in the kitchen, using a timer, and avoiding distractions that remove your focus from what's on the stove are among the key messages for this year's Fire Prevention Week campaign.

A working smoke alarm is necessary to alert those outside the kitchen to the start of a fire. Smoke alarm batteries should be changed at least once a year. Aging in Place – The Woodlands can help you change those batteries. Call AIP-TW for someone to visit and change the batteries.

Guide to Helping Prevent Senior Falls - Caring Senior Services

As you age, it's important that you know the facts about falling. For example, did you know that women are twice as likely to be injured after a fall? These injuries can lead to a loss of mobility and independence that can be catastrophic—and that means that you need to be prepared to prevent a fall before you think you need it.

Case studies and tracking indicate that there are a number of factors responsible for falls. The most important factor may be environment because many people do not realize the presence of many hazards in their home until it is too late. AIP – TW has resources on our website to help you assess hazards in your house.

Home Safety Assessment Tool - <https://aiptwt.clubexpress.com/docs.ashx?id=1224253>

Falls aren't purely physical. Even active, healthy seniors can still lose their balance and take a tumble. This is particularly true for those who are on medications that can negatively affect their coordination. And if a senior has experienced a fall, they are more likely to fall again. Perhaps this is due to fear or lack of confidence in their own movement.

Fall Prevention Strategies - One-third of the falls are preventable.

- **Look for hazards in your environment.** Remove clutter, secure or remove loose rugs, store things you need in easy reach, use non-slip mats in your bathtub or shower.
- **Create a plan.** Create a fall-prevention plan. Ask your doctor for a recommended exercise program for you to stay active. Consider risk factors such as your current medications, prior falls, current health condition, muscle strength, and vision.
- **Wear appropriate clothing.** Wear appropriate shoes, nonskid soles and non-slip socks.
- **Adjust lighting around the house.** Keep your home brightly lit to avoid tripping on objects that are hard to see. Use night lights in your bedroom, bathroom and hallways. Have a lamp within reach of your bed. Use glow-in-the-dark or illuminated switches if needed and turn on the lights before going up or down stairs.
- **Install and use assistive devices.** Use a cane or walker if needed. Have handrails and grab bars installed in the bathroom and on stairs.
- **Reduce nighttime wandering.** If you frequently get up for a snack or a glass of water, try placing them in your room before you go to bed instead. When you get up to go to the bathroom in the middle of the night, use your cane, walker, or other aids if necessary.
- **Correct medication.** Always have medication labeled in an organized container and chart when you have last taken it.



It's important to remember that falls aren't always caused by one thing; sometimes there are a dozen contributors that make it happen. It's impossible to prevent them from ever happening, but if you look at the actual risk, it is definitely possible to take steps to ensure you stay safe.





**Our Village is a Proud
Member of the Village to
Village Network**
<https://www.vtvnetwork.org/>

Visit us:

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

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

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