

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

December 2023

President's Post

Hi Members,

The countdown to Christmas has begun. Decorations are being dusted off and put in place. I was very grateful to have the help of a friend who lives a few minutes away to put up the lights on our porch. Watching her confidently climb the ladder sent a thought through my mind that, without her help, those decorations would be a lot closer to the ground. Helping one another to continue to enjoy living in our own home is really at the heart of this organization.

While we dash around buying gifts or, like me, enjoying the internet shopping experience, it is good to remember that, as we age, one of the most precious things we have is our health. Some of our members are experiencing challenging times and we wish them speedy recoveries. Remember if you need some neighborly help, please let the Call Managers know.

Christmas time is a great time to get together. Thanks to Sharon Heuer, our December social will be at the Palmer Course Club. We have sufficient funds in the budget to be able to pay for the lunch for our members. This will include the food and soft drinks of your choice, including tea and coffee.

In January we have another opportunity to get together for our Annual General Meeting on the 11th. Pop that in your calendar and we can also use that opportunity to toast the New Year.

Wishing each of you a very Happy Christmas and all the very best for a happy and healthy New Year.

Best Wishes,
Robyn West

PS – Here is the Call Manager number for help and rides - 281-845-4441



Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. – Marcel Proust

Happy December Birthday!



Bozena Gardner

Blanca Bradley

William Lyne

James Cook

Sue Griffis

Marta Farley

Myrna Perez

Marcia Edenfield

Upcoming Aging In Place – The Woodlands Social Events

AIP-TW December Social

Let's celebrate the season with a luncheon!
Let us know if you need a ride!

Wednesday December 13, 2023
11:30 am

The Woodlands Country Club
100 Grand Fairway Drive
The Woodlands, TX 77381

RSVP to Erika Pratt

832-948-0264
ebpratt9@yahoo.com



Please provide your lunch selection when you RSVP. There is no charge for members' lunches.

Lunch A	Lunch B	Lunch C
<i>Prosciutto, Goat Cheese and Spinach Salad</i> Sliced Prosciutto, Texas Goat Cheese, Baby Spinach, Candied Pecan, Pomegranate, Warm Bacon Vinaigrette	<i>Avocado Duo</i> Avocados, Your Choice of Tuna or Chicken Salad, Served with a side of fruit	<i>Legend's Club Sandwich</i> Boar's Head Smoked Turkey & Ham, Applewood Smoked Ham, Lettuce, Tomato, American & Swiss Cheese, Sourdough Bread

AIP-TW General Meeting

Jan 11, 2024 – 3 to 5 pm
Roberto's Restaurant - 3126 Sawdust Rd, The Woodlands

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. A Taco bar will be provided.

Please call AIP for a ride if you need one at 281-845-4441. It will be great to see everyone.

Events / Activities – December

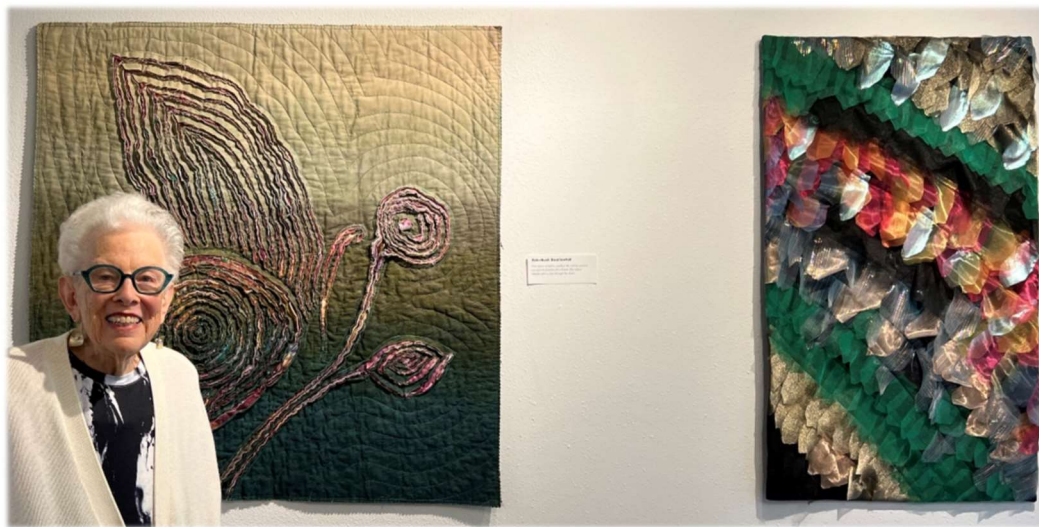
Threads of Joy – Woodlands Art Council

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

Note to the reader – I am repeating this event as it continues into December. I visited the exhibition and highly recommend it. The designs are beautiful. Margo, Editor

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. Her designs 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>



Ivy Jensen and two of her pieces. The butterfly piece behind Ms. Jensen, is created with five layers of cloth, each of a different color, which then are cut to different levels to show the colors.

The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives. – Russell M. Nelson



When you choose joy, you feel good and when you feel good, you do good and when you do good, it reminds others of what joy feels like.

The Lighting of the Doves – A Holiday Tradition in The Woodlands



Now – Town Green Park



Early 1980s – Intersection of Grogan's Mill and Woodlands Pkwy

Market Street in Lights

November 16 - December 31

Market Street – 9595 Six Pines, The Woodlands

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/>

The Sing Off

Dec 7 – 6:30 – 8:30 pm

Market Street

Market Street is holding its third annual sing-off with a holiday a cappella competition.

Art in The Woods: Outdoor Fine Art Market

Dec. 16 - Recurring monthly on the 3rd Saturday - 10:00 am to 4:00 pm

Ardest Gallery - 25200 Grogan's Park Drive, Spring, TX 77382

Enjoy a fine arts market with regular artist vendors every third Saturday of the month. This new outdoor market is organized by Ardest Gallery each month to support local artists and other local retailers in Grogan's Park Shopping Center

Grand Chanukah Celebration and Menorah Lighting

Dec 10, 2023 - 4:30 to 6:30 pm

Central Park, 9595 Six Pines Drive

In celebration of Chanukah, Market Street will host Chabad of The Woodlands for a Grand Chanukah Celebration and Menorah Lighting on Sunday, December 10.

Talented singer-songwriter Israel Portnoy will begin singing at 4:30 pm, followed by the lighting of a nine-foot, eight-branched menorah at 5:15 pm by Rabbi Mendel Blecher.

<https://shopatmarketstreet.com/events/grand-chanukah-celebration-and-menorah-lighting/>

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.

Fraud Alert: Scam Calls Targeting Older Adults

Here is some information from Village to Village Network about government imposter scams and some important reminders:

- The government will never call out of the blue and ask for a Social Security number.
- The government will never ask for payment by gift card or wire transfer.
- Social Security numbers cannot be suspended.

These general tips can also help everyone protect themselves:

- If you are ever suspicious about a call, hang up immediately. Find the organization's contact information on your own (don't use caller ID), and call or email them directly to discuss the situation.
- Never give out your Social Security number, banking information, or Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Never pay someone you do not know well via gift card or wire transfer.
- Never click on an email link or attachment, unless you fully trust the sender.
- Sign up for the National Do Not Call Registry.

Older adults who are targeted by scams and fraud can call the Department of Justice's National Elder Fraud Hotline at 833-FRAUD-11 (833-372-8311) or Federal Trade Commission (FTC) by calling 877-FTC-HELP (877-382-4357) or visiting reportfraud.ftc.gov.

Connecting with Eldercare Locator

The Eldercare Locator is a nationwide service connecting older adults and their caregivers with trustworthy local support resources. Whether help is needed with services such as meals, home care, or transportation, or a caregiver needs training and education or a well-deserved break from caregiving responsibilities, the Eldercare Locator is there to point in the right direction. Call the Eldercare Locator at 800-677-1116.



The joy of brightening other lives becomes for us the magic of the holidays. – W. C. Jones

Communicating with Seniors who Have Dementia

Effective communication is essential in maintaining meaningful relationships with seniors living with Alzheimer's or related dementias. As your loved one's cognitive abilities decline, connecting with them can become increasingly challenging. However, by employing the right strategies and approaches, you can create an atmosphere of understanding, support, and connection.

This article can help you with effective communication.

<https://www.caringseniorservice.com/blog/alzheimers-and-communication>

Here is a summary.

1. Approach with Empathy and Understanding

Recognize that their cognitive impairments may cause frustration and confusion, making it harder for them to express themselves. Remember that they are still a person with needs and desires, and their behaviors have meaning.

2. Pay Attention to Non-Verbal Communication

Your body language, facial expressions, and tone of voice can convey emotions and intentions more effectively than words alone. Maintain eye contact, use a gentle and reassuring tone, and adopt a relaxed posture to demonstrate your attentiveness and respect. Likewise, pay attention to the body language of your loved one with dementia. Their body language can tell you a lot about how they are feeling.

3. Simplify and Adapt Language

Adjusting your language and communication style can greatly aid comprehension. Use simple, concise sentences and speak slowly, allowing ample time for processing. Break down instructions or questions into smaller, manageable steps.

4. Practice Active Listening

Demonstrate your attentiveness by giving your undivided focus and maintaining eye contact. Reflect on what the person is saying, both verbally and non-verbally.

5. Provide Validation and Affirmation

By validating their emotions and affirming their experiences, you can provide reassurance and support. Acknowledge their feelings and validate their concerns, even if their reality differs from yours.

6. Use Visual and Sensory Cues

Use photographs, memory aids, or familiar objects to trigger memories and facilitate conversations. Incorporate sensory stimulation, such as gentle touch, soothing music, or pleasant scents, to evoke positive emotions and engagement.

7. Be Patient and Flexible

Recognize that their cognitive abilities fluctuate, and their communication skills may vary from day to day. Be prepared for repetitive questions or stories and respond with kindness and understanding.

8. Eliminate Distractions

Dementia can actually make it easier for someone to become distracted. So, reduce as many distractions as possible when trying to communicate. For example, turn off the TV or background music.

Talk to your loved one face to face instead of commenting from the other room or with your back turned. Making eye contact can signal to your loved one that you are trying to engage with them.



May holiday cheer fill your home with warmth and happiness.



Essential to building and sustaining thriving Villages

**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/aiptw>

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

Contact us at:

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