

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

January 2024

President's Post

Hi Members,

In what seems like a blink of an eye, 2023 is behind us. The Board and I wish all of you a very happy and healthy New Year. Funny to think that when we were in an earlier phase of our lives, we used to wish for a 'prosperous' new year but as we soon learn, being healthy as we age is paramount.

My New Year's resolution is 'daily' exercises, yoga, and the gym. Hmmm! Where have I heard that before? Oh yes, I seem to remember a similar resolution last year. 😊 To quote our dear Bruce Cunningham, keep moving and have a sense of purpose. Especially important in our lives. He is my inspiration!

We honored Bruce at our December social luncheon where we had 35 attendees. A record for the year. It was just a delight to see so many happy faces and have the chance to socialize in person. We also thanked our volunteer drivers and recognized the hours of time and effort they so generously donated this year.

On January 11, we will hold our Annual General Meeting. Do try to attend in person if you can. AIP-TW will be providing a taco bar. Please contact Margo (margo@intercomtraining.com or call AIP at 281-845-4441) if you have any interest in being on the Board, an officer and/or on the Committees. It is always a good thing in any Club to rotate these positions, so all members have an opportunity to serve.

I look forward to seeing you at the Annual General Meeting.

Best wishes
Robyn

You are never too old to set another goal or to dream a new dream. C. S. Lewis





Carol Saber

Nancy Jugon

Laura Gonzalez

Vicky von Nothdurft

Upcoming Social Events

AIP-TW Annual General Meeting

Jan 11, 2024 – 3 to 5 pm

Roberto's Restaurant - 3126 Sawdust Rd, The Woodlands 77380

AIP-TW will have an Annual General Meeting for all members on January 11th. We will talk about organization goals and elect Board Members and Officers. We'll also discuss Committee activity. A taco bar will be provided.

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

Looking back at the AIP-TW December Social



On Wednesday, December 13, thirty-five members and guests celebrated the season as well as honoring our drivers and Bruce Cunningham with a luncheon at the Woodlands Country Club. We had a separate area in the dining room with lots of space. People enjoyed salads, sandwiches, or chicken salad plates.



After lunch, Robyn West, our President, welcomed us and congratulated all of us on a good 2023.



Erika Pratt, Transportation Manager, gave out certificates of appreciation to all the drivers who were at the lunch. Afterwards, she drove to the homes of the drivers unable to attend and delivered their certificates. THANK YOU, ERIKA!





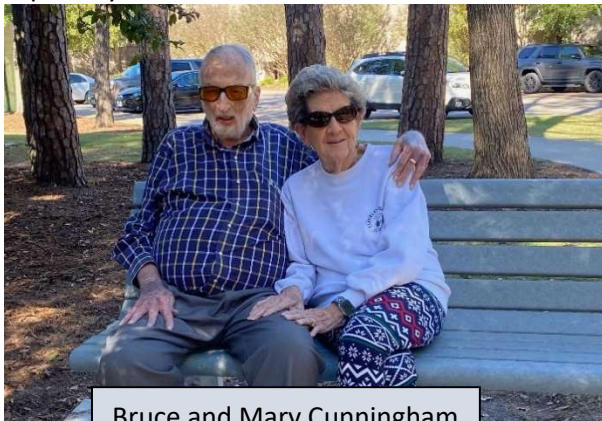
At the social, we dedicated a bench in Sawmill Park to thank and honor Bruce Cunningham, founder of AIP-TW. Robyn spoke about his accomplishments and the founding of AIP-TW.

She shared that in 2015, after reading the book “Being Mortal” by Atul Gawande, Bruce gathered a few friends and started AIP-TW. Later, he and Ken Dorland merged their interests, adding transportation to AIP-TW.

Bruce has since been our President and held a variety of other administrative positions within our organization. He

continues to attend Board meetings and contribute to the planning and ideas that keep Aging in Place a vital organization.

Bruce is an inspiration for all of us when he points out how important it is to have a sense of purpose, especially after retirement.



Bruce and Mary Cunningham



Plaque on the bench

Getting to Know Bruce Cunningham



Growing up with his father in the Marine Corps, Cunningham started his journey in New York City but would go on to attend 10 different schools by the time he graduated from college.

With an extensive career working for nearly every major airline, Cunningham has worked in 42 countries and spent 15 years living overseas.

During the 1970s, Cunningham was the director of the Bureau of Operating Rights for the Civil Aeronautics Board; appointed by President Ford, he was reappointed by President Carter in 1977. Employment with Continental

Airlines brought Cunningham to The Woodlands in 1987, and he started his own consulting business shortly thereafter.

Bruce was named a Woodlands Hometown Hero in 2016 for his dedication to the community he has called home for the past 29 years.

He believes his devotion to The Woodlands community can be attributed to where he finds himself in late psychologist Abraham Maslow's Hierarchy of Needs. "We cannot take care of problems ourselves, but we also can't rely on the government to solve all of our problems for us," he said. "So we need community organizations of all sorts to pick up the slack and fill the voids for the future. I guess I fall in the transcendence level of Maslow's Hierarchy of Needs, which is a desire to help others in the future after you've left this world."

Here is a summary of Bruce's volunteer work for his community.

- MUD 6, President, May 2012 - Present
- Aging In Place, Founder, Past President and many other positions, Jan 2015 - Present
- Grogan's Mill Village Association, Vice President/ President, Feb 1999 - Present
- The Woodlands Farmers' Market, Founder, VP Marketing, board member, Jan 2008 - Present
- Voter Awareness Council, Founder, board member
- Bike the Woodlands Coalition, Founder, board member

Bruce and Mary are members of Saints Simon and Jude Catholic Church where he served on the Finance Committee for 15 years. He also mentored students at Hailey Elementary and Wilkerson Intermediate schools as well as being a Board member for the South Montgomery County Friends of the Library.

Events / Activities

January 2024 – **Classes and Events at Ardest Gallery** – Ardest Gallery, a local fine arts gallery curated by Gallery Director Julie Verville, represents nearly 40 top Texas 2D and 3D visual artists. In addition to its core artists, the gallery will host ongoing events such as monthly group art shows, Coffee Talk with an Artist, Art to Lunch in partnership with local restaurants, poetry readings, musical performances, and art classes/workshops for all ages and skill levels.

Ardest Gallery is located at 25200 Grogan's Park Drive, The Woodlands, TX 77380. Learn more and view upcoming events and classes at www.ardestgallery.com.

- January 5 & 13 – Paint Your Horse Workshop with Jeff Lung 10am
- January 13 – "Art of The Future" Art Show Opening Reception 4-8pm
- January 20 – Art in the Woods – Outdoor Art Market 10am-4pm



Every new beginning comes from some other beginning's end.
Seneca

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.

On our website – www.aiptwtx.org scroll to the Community Resources button where you can find resources in the following categories. You can click on each category to see the resources in that category.

Transportation - Ambulatory
Medical Treatment at Home
Medical Accessories
Personal Support
Meals
Social Activities
Transportation - Ambulatory or Wheelchair
Technical Support
Garden Maintenance
At Home Support
Caregiver Support
Home - Minor Repairs / Safety Modifications
Home Sharing
Medical - Hearing
Transitioning From Home

For example:

Meals	⤴
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Meals on Wheels 936-271-2183

<https://mowmc.org/services/meal-delivery/>

- Age 60+; unable to leave home; difficult to prepare own meals; no daytime assistance; living in Montgomery County; no income requirement
- Can receive lunch and other supplies based on need; all lunches are prepared fresh every day in the MoW on-site kitchen; will provide food for pets

South County Community Center Lunch 281-363-9410

<https://www.precinct3.org/community-centers/south-county-community-center/>

- Lunch provided 5 days per week at the South County Community Center at 11:30AM.

Write it on your heart that every day is the best day in the year. Ralph Waldo



**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>

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