

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

**March 2024**

### **President's Post**

Dear Members,

As you know, our year started with the passing of a key driving force in our organization, Bruce Cunningham. Having read Bruce's Obituary, I was left wondering where he got all his drive, energy and determination. Without a doubt his words and wisdom will always stay in my mind - remain active and have a sense of purpose. I even bought the book that he often referred to, *Being Mortal* by Atul Gawande. I was thinking we could have a discussion group where we can continue to share our wisdom and perspectives.



Such a lot had happened since I arrived in New Zealand for our family reunion. My father passed away and I found myself experiencing life in a large retirement village as I stayed with my Mom, helping her reorganize her independent living apartment. It has certainly made me think about how I would like to remain in charge of my life and my decision making as I reach a ripe old age, hopefully. I also experienced how critical it is to have an advocate when you can no longer advocate for yourself. It might be useful for AIP-TW to have a lunch and learn about the power of an 'appropriate' Power of Attorney.

While I am away, Pat Lyons has graciously stepped into my shoes and will lead the team. Thank you, Pat and the rest of the Board who volunteer to lead Aging in Place - The Woodlands. Without their generosity, and our wonderful volunteers, we would not exist. Thank you.

Let's all enjoy early spring, a great time for nature's new beginnings.  
Best Wishes, Robyn

PS - If you missed the early February AIP-TW email notifying members of Bruce's passing which included his obituary, please call 281-845-4441 or email [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com) so we can send it to you again.



It was one of those March days when the sun shines hot and the wind blows cold; when it is summer in the light and winter in the shade.

Charles Dickens

## Driver Appreciation – Thanks to all our 2024 drivers!

Vicky von Nothdurft	Sue B Johnson	Margo Pearson	Eileen Andre
Sharon M Heuer	Wendy W Lyons	Erika B Pratt	Robyn West
James T Cook	Sue Griffis	Gerald W Saber	Richard Taylor



**Vicki Bradley**  
**Eileen Andre**  
**Carol Saber**  
**Beth Kulkarni**  
**Pat Goodpastor**



## March Social – March 20 – Hold the Date!

More information to come.

## February Social – The Wheel Kitchen

Our February social was a visit to the Wheel Kitchen Restaurant for lunch on Wednesday, Feb. 28. Twenty two members and friends attended and had a great lunch and conversation.

Let's all get together again in March.



## Events

### Arts in the Park

Northshore Park, 2505 Lake Woodlands Drive

March 9, 2024 2:00 PM to 6:00 PM

Enjoy an afternoon outdoors with family and friends at Arts in the Park! This FREE event features local vendors selling original artwork, live stage entertainment, children's activities, food trucks and more! Artists 18 and younger are encouraged to create their very own masterpiece and enter the Youth Art Contest.

### American Heart Association Heartsaver CPR AED class

The Woodlands Emergency Training Center

16135 IH-45 South. The Woodlands, TX 77385

Every Saturday - 9:00 AM - 12:00 PM

Must call or email to register. Contact: 281-210-5823

[wfd@thewoodlandstowship-tx.gov](mailto:wfd@thewoodlandstowship-tx.gov)



## Spring Music Scene



### Concert in the Park

At Northshore Park – Sunday 5:30pm – 7:30 pm

Concert in the Park on Sundays is a popular family tradition of music and fun for all ages! For more information and updates, please visit [www.thewoodlandstowship-tx.gov/concertinthepark](http://www.thewoodlandstowship-tx.gov/concertinthepark).

### Waterway Nights

At Waterway Square – Saturdays starting Mar 16, 6:30 – 8:30 pm

Enjoy live music by local and regional performers in the picturesque setting of Waterway Square. Taking place in the spring and summer, Waterway Nights makes for an eventful night out in The Woodlands Town Center.



### Rock the Row

At Hughes Landing – Thursdays starting Mar 21, 7 – 9 pm

Experience scenic Lake Woodlands with live music Thursday evenings! Rock the Row features local and regional bands playing a variety of favorites from pop and rock to country during the spring, summer and fall.



### Saint Patrick's Day - March 17

Never iron a four-leaf clover, because you don't want to press your luck.

May your pockets be heavy and your heart be light. May good luck pursue you each morning and night. Irish Blessing



## The Woodlands Farmers Market

Every Saturday

Located in the Grogan's Mill Shopping Center, The Woodlands Farmers Market is home to vendors offering locally grown produce, grass fed beef, Texas handmade artisan cheeses, goat cheese, sustainably cultivated coffee, local honey, breads & pastries, no sugar-added baked goods, prepared tamales, Indian cuisine & Mediterranean food, gluten-free options, and seasonal products. The market is open every Saturday from 9:00 a.m. to 1:00 pm, rain or shine.

<https://www.grogansmill.org/fmabout>



## Wellness Program for Seniors

The Montgomery County YMCAs offer a variety of wellness programs for the active older adult to “Live it Up” get fit, have fun, be healthy, stay independent and make new friends.

Research indicates that regular physical activity is beneficial in preventing and helping to treat symptoms of certain chronic conditions. Exercise can positively impact heart disease, diabetes, osteoarthritis, osteoporosis, obesity and other conditions, as well as enhance feelings of well-being and reduce feelings of depression and anxiety.

In addition, researchers at the University of Illinois say people who want to keep their brains in gear through old age might begin by getting their feet moving. Adults, ages 58 – 78, registered a higher level of activity under magnetic resonance brain imaging after beginning an exercise program than before, according to the study published by the National Academy of Sciences.

Studies show that older adults are seeking more than physical benefits when they come to the YMCA . . . they also want a sense of community and to strengthen social ties. Meet new friends every time you visit the YMCA. The YMCA offers several exercise and social opportunities for older adults, including: Water aerobics, SilverSneakers® Sit and fit exercise classes, YogaStretch, Aerobic classes, Monthly Field trips, and Social gatherings including potluck lunches, birthday breakfast and lunch outings twice a month and volunteer opportunities.

The SilverSneakers® Fitness Program is here to help you improve your health and is provided for you at no additional cost by your Medicare and Medicare Supplement health plan carriers that are part of the SilverSneakers® program. One of the many benefits of the SilverSneakers® program is a free membership to your local YMCA! For more information on which health plans offer the SilverSneakers® program please visit [www.silversneakers.com](http://www.silversneakers.com).

## Getting to Know The Woodlands

### Public Art Project - 30 Art Benches & 6 Art Bike Racks!

Supporting the vision of George Mitchell, the founder of The Woodlands, and the mission of The Woodlands Arts Council to promote public art and the creative economy, 30 Art Benches and 6 Art Bike Racks have been commissioned and installed in The Woodlands in partnership with The Woodlands Township.

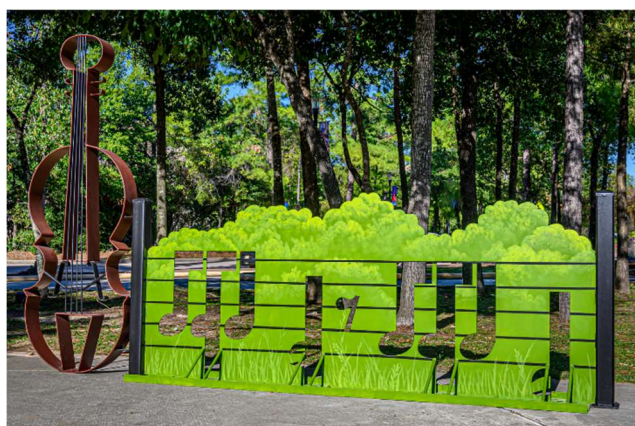
Walk from The Woodlands Mall to Town Green Park and visit Hughes Landing to enjoy the beauty and practicality of these one-of-a-kind Art Benches designed by local, national, and international artists.

This program is ongoing, continues to beautify our community, and supports our mission to promote art in the community. The Woodlands has one of the largest collections of public art in the country.

Some of the 30 benches and 6 bike racks are interactive, such as The Urban Conga bench modeled after a xylophone, or lit from within and glowing as in the Light Balls Bench, or the giant yellow Woodlands Wind-O, an architectural window-frame bench, as well as benches reflective of the natural surroundings as in the fanciful Umbrella Tree Bench.



<https://www.thewoodlandsartscouncil.org/p/programs/public-art/art-bench-project1>



## 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](http://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.

### ELDER OPTIONS

- Elder Options of Texas  
<https://www.elderoptionsoftexas.com/>
  - This excellent website provides information about what you should consider when shopping for home care services, senior living options, elder law, assisted living/memory care, 55-plus apartments, and more.

### TRANSPORTATION – AMBULATORY or WHEELCHAIR

- **My Medical Transport**      936-444-2600      Email: [info@mymedicaltransport.com](mailto:info@mymedicaltransport.com)  
<https://mymedicaltransport.com/>
  - Non-emergency transportation to doctor, dentist, specialist, imaging, dialysis, etc
  - Senior transportation to shopping, churches, family gatherings, museums, etc
  - Can handle wheelchairs and walkers.
  - Drivers trained in CPR, First Aid, handling of wheelchairs and emergency action training
  - Base rates
    - Wheelchair - \$55 plus \$3.25/mile (first 5 miles are free)
    - Ambulatory - \$35 plus \$3.00/mile (first 5 miles are free)

### AT HOME SUPPORT

- Right at Home      281-402-8858  
<https://www.rightathome.net/woodlands-conroe>
  - Provides a companion who offers light housekeeping, laundry, change linens, companionship (including respite), transportation to appointments, shopping, etc
    - Will also provide hands-on care including bathing, hygiene, toileting, dressing, etc
  - Transportation in client's car at no extra charge; transportation in caregiver's car at \$0.80 per mile.
  - Charge \$28 to \$34/hour with a 4 hour minimum; no weekly or monthly minimums; no deposits required
  - Caregivers are matched to each client based on needs and personality.
  - Caregivers are vetted through a hiring process that includes drug testing, background checks and checking 2 references.



*March 23 - National Puppy Day and Cuddly Kitten Day*



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/aipw>

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

**Contact us at:**

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