

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

**April 2024**

## **President's Post**

Hi Members,

Spring is finally here! Those of us in The Woodlands get an opportunity to, once again, remind ourselves what a beautiful world we live in as the bluebonnets and wildflowers bloom around us. I am actually on the other side of the world in New Zealand right now and appreciating the beautiful autumn colors.

I am pleased to report that 'aging in place' is an international trend. I have recently read about a NZ Government sponsored initiative to determine what support is needed for people to age successfully in their homes. One controversial topic is transportation. I am seeing a degree of discrimination sneaking in with talk of cognitive testing for 75+ as a prerequisite to the renewal of a license. Let's see how many people at the other end of the scale can remember where they left their keys before we go down that path! That being said, NZ does have a strong "grey power" voice and people are encouraged to speak up in their support.

Richard and I went back to NZ to visit family and my ailing 91 year old father who passed while we were here. I had the opportunity to stay with my Mom at her retirement village. It certainly can be a safe and comfortable option for many people. However, you really need to think through all phases of your life and what say you will have in your own care and future. That's an essential step and one best not left to others, in my opinion.

"Seize the day" is my motto for now. We look forward to returning in a few weeks to our home in The Woodlands. We will tend to the garden and enjoy the company of wonderful friends.

Best wishes,  
Robyn



*Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine to the mind. Luther Burbank*





Rayleen Rittenberry

Emelina Wetzel

## April Social – See You There!

**Lunch at Rob Fleming Park in Creekside Village - 11:30 on Thursday, April 25**

Rob Fleming Park has worked for us twice before. Let's make it three for three!  
The social will start at 11:30 a.m. We'll have sandwiches, 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.



6262 Creekside Forest Drive  
West parking lot at Rob Fleming Park



September 2023 Social

RSVP: Erika at 832-948-0264 or AIP-TW at 281-845-4441. Email [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com)

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

## Looking Back on the March Social

Ten AIP-TW members and friends enjoyed lunch at Tommy Bahama Restaurant on March 20.



## Getting to Know – Member's Involvement in Interesting Organizations



Beth Kulkarni shared the following information about International Friends. In addition to International Friends, Beth is also active in several other organizations.

**International Friends (IF)**, an organization in The Woodlands established 40 years ago, provides approximately 90 members with opportunities to learn about different cultures and develop friendships with people of various backgrounds. The group meets monthly during the school year at a local church and includes people from a variety of countries and religious backgrounds. At each meeting there is a program or planned activity, a time for socialization and the opportunity to enjoy light snacks from various cuisines.

Recent programs have included a fashion show of Indian wedding attire from different parts of India, several presentations on various travel experiences, and a "curry sampling" with curries from many different countries. In addition to the large group meetings, smaller groups frequently meet on Fridays for lunch or breakfast at local restaurants. Various field trips in the Greater Houston area are also featured.

Several Aging in Place members have been active in IF for many years, while others, having heard about the organization from the AIP members, have joined more recently. Beth Kulkarni and the other AIP members enjoy participating in IF events. Both groups provide friendship, socialization, and intellectual stimulation, all of which are essential for those seniors who wish to "age-in-place".



**JoyRide Center**, founded in 2009, is a 501(c)3 non-profit therapeutic horsemanship center located on a peaceful 10

acre site in Magnolia, TX. JoyRide provides Therapeutic Horseback riding lessons to special needs children and adults; Equine Assisted Learning (EAL) for disadvantaged and emotionally challenged youth and veterans; and JR Prep, a life skills program for special needs adults who have aged out of the school system.



Wendy Lyons has volunteered at JoyRide for 8 years and says:

"I love it!! In my role as horse handler, I groom, tack, and handle the horse during the riding lesson. For the clients, horse riding increases muscle strength, coordination, balance, and cognitive development. It is amazing to watch their progress!

EAL is a non-riding program. The client learns horse grooming, horse behavior, and horse training with the goal of enhancing their own emotional health. I help and encourage the clients with their tasks, make sure they stay safe around the horses, and facilitate communication and reflection. I also manage the gardens at JoyRide. The JR Prep clients help me with planting, weeding, mulching, and watering.

The well-trained staff, who are so kind-hearted and friendly, work extremely hard to provide such excellent services to their clients. Check us out on our website: [www.joyridecenter.org](http://www.joyridecenter.org)."

♦ If you belong to an interesting organization, please email us at [aiptw@gmail.com](mailto:aiptw@gmail.com). We'd love to hear from you.



## Events

### Waterway Arts Festival

Town Green Park 2099 Lake Robbins Drive  
The Woodlands, TX 77380  
Dates: April 12, 2024 - April 14, 2024



The Woodlands Waterway Art Festival features 200 juried international, national and regional artist exhibits along the scenic pathways lining The Woodlands Waterway. The art represents a diverse mix of painting, drawing, fiber art, sculpture, jewelry, glass, woodworking, photography, mixed media, clay works, and digital art. The spectrum of fine art and fine crafts appeals to a wide range of tastes and budgets.

### The Woodlands Farmers Market

Grogan's Mill Shopping Center  
Every Saturday

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>



### The Great Texas Birding Classic

Lakeside Park, 5001 West Alden Bridge Dr.  
Dates: April 20, 2024  
Time: 6:30 AM to 10:30 AM

New and experienced birders are invited to take part in The Great Texas Birding Classic: the biggest birding tournament in Texas! All ages are invited to help The Woodlands Township Team count and identify the most birds during this specific window of time. The event is free and open to the public.

Registration Link -

<https://environmentalservicesdepartment.wufoo.com/forms/qo0kr0g1q3z2mb/>



## ART in the Woods

25200 Grogan's Park Drive The Woodlands, TX 77380

Ardest Gallery is a fine arts gallery representing nearly 40 top Texas 2D and 3D emerging to mid-career artists. Ardest Gallery features 2D and 3D works by 40+ Texas artists plus an assortment of affordable ready-to-frame works, ceramic, glass, wood sculptures, jewelry and more!!

Enjoy a fine arts market with regular artist vendors every third Saturday of the month, featuring works by over 25 Houston artists.

Plus, browse the current "Closer Than You Think" solo show in Ardest Gallery by Houston artist Allison Fox!!



### Opening Reception for "Upcycled" an Art Show in Celebration of Earth Day!

Join us for the Opening Reception of "Upcycled." An Art Show Celebrating Earth Day on Saturday, April 13th from 5-8 p.m. Juror presentation at 6:30 p.m.

This art show highlights works by Texas artists that highlight or incorporate recycled and upcycled materials into their composition.

## Insperity Invitational

The Woodlands Country Club Tournament Course  
1730 S Millbend Dr, The Woodlands  
May 1 - 5, 2024

The Insperity Invitational is an annual PGA TOUR Champions event that brings together the world's best golfers aged 50 and older to The Woodlands, Texas. Played at The Woodlands Country Club Tournament Course, the event also features the Greats of Golf - Nicklaus, Player, Trevino and friends.

The Insperity Invitational returns to The Woodlands Country Club Tournament Course for the 21st edition. Spectators will be welcome May 1-5. Grounds admission is complimentary.

## Earth Day in The Woodlands

Saturday, March 23, 2024  
Various Parks throughout The Woodlands

Join us for the 14th annual community litter cleanup day, Earth Day GreenUp. Team up with family and friends to help keep our community beautiful while enjoying the outdoors! Remove litter from pathways, greenbelts and waterways and be part of the Great American Clean up that improves the health and beauty of our environment. For more information, <https://www.thewoodlandstowship-tx.gov/Calendar.aspx?EID=11278&month=3&year=2024&day=21&calType=0>



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by Earthday.org including 1 billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics."

## It's Spring and That Means Wildflowers in Texas

### 2024 Wildflower Forecast – Lady Bird Johnson Wildflower Center

Experts at the Lady Bird Johnson Wildflower Center are predicting the 2024 wildflower season to be a banner year of blooms. <https://www.wildflower.org/texas>

“On a scale from one to 10, this year looks like it could be an eight, for bluebonnets in particular, if not even better,” says Andrea DeLong-Amaya, the Center’s Director of Horticulture. “This fall and winter we’ve enjoyed adequate rainfall that’s been well-spaced, which is really key to wildflower development.”





In addition, DeLong-Amaya says the 2023 drought will likely boost this year’s wildflower season.

“Last summer’s drought likely helped this spring’s wildflower display,” added Matt O’Toole, Director of Land Management for the Wildflower Center. “When we have extreme weather the prior summer, we see some plant mortality, which reduces competition in the soil and creates space for spring blooming wildflowers.”





Bluebonnets (*Lupinus texensis*), Texas star ( *Lindheimera texana*) and golden-eye phlox (*Phlox roemeriana*) are already growing and popping up at the Wildflower Center. So are perennials like golden groundsell (*Packera obovata*) and large buttercup (*Ranunculus macranthus*), which are already blooming

While rainfall influences the quantity of blooms, sunlight and warmth influence the timing of blooms. So, if it’s been a warmer winter, early spring-blooming plants like bluebonnets will bloom even earlier.

### Identifying Wildflowers – Lady Bird Johnson Wildflower Center

			
Bluebonnets	Indian Paintbrush	Firewheel	Primrose

			
Prairie verbena	Drummond phlox	Sunflower	Winecup

**Where flowers bloom so does hope. Lady Bird Johnson**



## Where to See Wildflowers in The Woodlands area – Pictures and text from AIP members



The bluebonnet meadow at Rob Fleming Park, 6055 Creekside Forest Drive, in the Village of Creekside Park can have a beautiful showing of bluebonnets.



In the 1990s, there were more wildflowers in The Woodlands with the median of Sawmill Rd as well as Grogan's Mill both thick with flowers. Picture is looking south on Sawmill Rd.

For a good view of wildflowers now, you'll need to go an hour or so towards Brenham, Navasota, or Round Top. The Washington-on-the-Brazos State Historic Site is a great area to visit with views of wildflowers on the way.

### Wildflower History – Texas Department of Highways

Lady Bird Johnson was the force behind the wildflowers. From the White House, she pushed Congress to pass the Beautification Act of 1965, known as "Lady Bird's Bill." That bill limited the amount of signage and junkyards on the sides of U.S. interstates, while encouraging scenic improvement.

In 1987, she pushed Sen. Lloyd Bentsen of Texas to amend the Surface Transportation and Uniform Relocation Assistance Act to require a quarter of every one percent of federal funds spent on landscaping roadsides be used for planting native wildflowers.

"Though the word beautification makes the concept sound merely cosmetic, it involves much more," she said. "Clean water, clean air, clean roadsides, safe waste disposal and preservation of valued old landmarks as well as great parks and wilderness areas."

The Texas Department of Transportation has been protecting roadside wildflowers for much longer. Department rules delay all mowing until after the wildflowers bloom in late spring or early summer, a policy that goes back to 1934. Each year, TxDOT plants 30,000 pounds of seeds on Texas roadsides. Cross said it's a mix of grasses and wildflowers that set up the springtime blooms. The department specifically times strip mowing to foster native plant growth, including wildflower blooms.



## 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. You can click on each category to see the resources in that category. Here is a selection from the transportation category.

### **Aging in Place, The Woodlands** 281-845-4441

[www.aiptwt.org](http://www.aiptwt.org)

- Membership required (call or visit the website for details); call to schedule a ride 48 hours in advance; no cost; must be able to get in and out of a private vehicle
- Driver volunteers with Aging in Place will provide rides to and from medical appointments, shopping, venues, etc.

### **Interfaith** 281-367-1230

<https://woodlandsinterfaith.org/>

- Age 62+; no income requirement; must be able to get in & out of private vehicle; 1 ride/week; 3 days' notice required; Interfaith may use taxi or med taxi if no volunteer available

### **The Woodlands Methodist Church** 281-796-7447

- Age 50+; available to AIPTW member if also a member of the Church; ask for 48 hours notice; local rides within The Woodlands, South Conroe, Spring; must be able to get in and out of a vehicle

### **Go Green Eco Taxi** 281-639-9724

<https://www.gogreenecotaxi.com/>

- Provides transportation services in The Woodlands
- Cost: \$5 to \$10 depending on the distance, per person, one-way
- Call to arrange a ride
- Go Green Eco Taxi cannot accommodate a wheelchair-bound rider.

### **Maxim at Home** 844-624-5646

<https://www.maximathome.com/>

Provides a companion who offers light housekeeping, companionship (including respite), transportation to appointments, shopping, etc. No hands-on care.

- Bios of each companion are described online; client can interview companion by scheduling a 1 hr service.
- Website does not list Montgomery County as a service area, but Maxim now services our county.
- Minimum of 1 hour (up to 24 hours); will accept last minute or scheduled service; client can choose which companion comes to their home.
- Cost: \$28/hr (M-F, 6am to 6pm); \$35/hr (evenings & weekends); \$1/mile for transportation.
- Not covered by insurance





I must have flowers, always, and always.  
Claude Monet



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

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