



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

NEWSLETTER

AUGUST 2018

PRESIDENT'S POST



The lazy, hazy days of summer are coming to a close as people return from vacations and families make preparations for a new school year. Heading back to school is usually an exciting time--reconnecting with friends and making new ones, meeting teachers and learning lots of new subject material and skills.

Most of us at AIP-TW are not starting back to school, but we certainly have similar opportunities as noted in our newsletter. For starters, our monthly luncheon August 15th is a great time to catch up with your AIP-TW friends as well as learn from guest speaker Holly Steinke how to stay safe in emergency situations.

Also, the Academy for Lifelong Learning (ALL) is a wonderful program for people 55+ where you can take fun and interesting classes for a nominal fee at Lone Star College. See information below regarding the upcoming ALL open house. Finally, we have volunteer positions at AIP-TW which will enable you to meet super nice people while contributing to our caring community! I'd love to meet and welcome you aboard!

I hope some of these events sound exciting to you! It's always a good time to broaden our horizons!

Peggy Reinhold
President, AIP-TW

LUNCH AT LA COCINA de ROBERTO IS AUGUST 15

La Cocina de Roberto will be offering a special menu with three of their popular plates to choose from at our monthly luncheon, 11:30 a.m. on Wednesday, Aug. 15. Guest speaker Holly Steinke from The Woodlands Township will bring us up-to-date on emergency preparedness. Members are encouraged to bring a friend or relative.

Please make your reservation no later than Aug. 13 by calling Peggy Reinhold at 281-845-4441, or email at aiptwtx@gmail.com. Attendees purchase their own food and beverages. Rides will be provided to members as needed.

La Cocina de Roberto is a popular family owned restaurant located at 3126 Sawdust Road where we have met to mix and mingle during previous luncheons. The phone number is 832-299-6706.

MEMBER SPOTLIGHT



to the gym where John takes boxing lessons.

At age 79, John Salvador is an avid gardener, walks three miles a day, mows the lawn, takes a kick boxing class twice a week, and for relaxation completes thousand-piece puzzles in three or four days, a challenge that would take most of us three or four months. Despite being diagnosed with Parkinson's Disease five years ago, he is determined to make the most of every day. His sly, self-deprecating sense of humor and a mischievous twinkle in his eye are indications he is, indeed, enjoying life. There is one thing John doesn't do: he doesn't drive anymore. That is where AIP-TW's rideshare program comes into the picture with volunteer Colin MacRea behind the wheel. The two have bonded while driving back and forth

John and his wife moved to The Woodlands eight years ago to be near his daughter, but like most older adults, he does not want to be a burden to his children who have busy lives and demanding careers. Still, it is obvious the family is close, and his daughter keeps in daily contact. His son, a physician at Baystate Medical Center in Massachusetts, visited a few weeks ago and is involved in his parents' health care decisions through regular phone calls.

Prior to relocating to The Woodlands, John lived in New York for 46 years. He immigrated to the United States from Portugal six days before his twenty-sixth birthday and spent his career in the construction industry.

A few years ago he received a commemorative plaque from appreciative young gardeners he mentored at Saint Anthony of Padua Catholic Church. The message from them reads, "Like the seeds in our garden, the knowledge, kindness and love you share with us will always grow in our hearts." That sentiment could be voiced by almost anyone who has spent time with John, especially if they have questions about growing vegetables, fruits, flowers or herbs. In addition to mentoring young gardeners, he applied his green thumb and expertise to the planning and development of Interfaith of The Woodlands' veggie garden.

Even in the heat of summer, his garden is alive with purple morning glories, roses, basil, baby papayas and peppers. This spring there were, string beans, tomatoes, lettuce, and a 15-pound, brag-worthy watermelon. Back in New York, John won the local Tomato Challenge with a three-pound specimen. To call him a master gardener would be an understatement.

MARK YOUR CALENDAR

Monday, Aug. 13, 5-7 p.m. Aging in Place – The Woodlands quarterly board meeting at VillaSport, 4141 Technology Forest Blvd. [This meeting is open to anyone who would like to investigate volunteer opportunities to serve on the board or become a member of one of our volunteer teams who engage in outreach, publicity, rideshare, technical support, light home maintenance and other services.](#) No reservation necessary, but if you would like more information, please call President Peggy Reinhold at 281-845-4441, or email aiptwtx@gmail.com.

Wednesday, Aug. 15, 11:30 a.m. Members and guests are invited to join us for lunch at La Cocina de Roberto. See above for details.

Saturday, Aug. 18, 11 a.m.-1 p.m. Lone Star College – Montgomery Academy for Lifelong Learning (ALL) Fall Open House, Building B-150 Atrium, 3200 College Park Drive. This is a chance to meet instructors, sign up for classes and get a parking permit. For more information, call 936.273.7446

