



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

NEWSLETTER

MAY 2019

PRESIDENT'S POST



"The Way We Were" was a popular song recorded by the vocalist Barbra Streisand for her fifteenth album in 1974. The lyrics describe a melancholic relationship between two people. You may recall the opening lines:

*"Memories light the corners of my mind
Misty watercolor memories of the way we were"*

These lines from that beautifully written and recorded song have been a constant presence in my mind this past year. Our daughter is getting married on May 11th and we've been planning the wedding for a year.

One of our projects has been digitizing thousands of family photos. It has been a pretty big project for my husband, Herb, but so rewarding. He saved all the photos on our computer and then loaded them onto a digital photo frame. Such a frame displays and cycles the photos continuously at chosen intervals.

It has been so much fun looking at all these pictures of our extended families and our own children. I had forgotten many of the activities we did with our kids, but the photos refreshed those memories instantly. Also, as I've written about before, my parents are in their upper 90s, so to see photos of them when they were young and vibrant is very meaningful and heartwarming.

I encourage you to take out some photo albums and reminisce about times spent with family and friends. It's good to reflect on milestones, accomplishments, family vacations and the normal passage of time. Do this by yourself or even better with your children, grandchildren and friends. The photos will trigger many interesting stories which are important to pass along to future generations.

I highly recommend putting your pictures on a digital photo frame. Once the photos are loaded, display the frame in a place where you can easily view them. You will be immediately captivated by the moving images and may find it hard to pull yourself away.

There are many companies that digitize pictures, slides, negatives and even old family movies. You can send them loose items, photo albums and movie reels. I have friends who have done this, and they were very pleased with the results. We can help you research these companies, or if you want to digitize your photos and put them on a digital photo frame we can help you get started. Just let us know. We can be reached through the AIP-TW phone number 281-845-4441 or send an email to aipwtw@gmail.com.

I wish all the mothers a very happy Mother's Day and I look forward to seeing you at Ken and Mary Dorland's home for coffee and conversation on May 15. I may have a few new photos to show you.

Best wishes,

Peggy Reinhold

President, AIP-TW

COFFEE AND CONVERSATION HOSTED IN PRIVATE HOME ON MAY 15



Ken and Mary Dorland welcome members and guests to their lakeside home in The Woodlands to mix and mingle over coffee and breakfast treats on Wednesday, May 15, 9:30 a.m. to 11:30 a.m. Ken is well known to many members as team leader of the AIP-TW rideshare program he started two years ago. He has served on the board of directors since its inception. Mary has been a rock of support throughout.

Please RSVP for their address and to let them know you are coming no later than Monday, May 13, by calling 281-845-4441 or email aipwtw@gmail.com. Rides will be provided for members who need them.



MEMBER SPOTLIGHT: MEET VIRGINIA MANSOUR



Within days of moving into a hotel while her water damaged floors were being replaced, Virginia Mansour was being treated like visiting royalty. The staff couldn't do enough to make her stay a pleasant one. She was on a first-name basis with other long-stay guests who joined her for morning coffee and other activities.

People who know Virginia are not surprised at how quickly she makes new friends. She is outgoing and sociable, and as the saying goes, has never met a stranger. She treats everyone with kindness and respect and is not hesitant to slide into a conversation with anyone who wants to chat.

Virginia was one of the first to host an AIP-TW social event in her home. "My hobby is socializing," she says with a crinkly smile that lights up her eyes. Not surprisingly, her open, empathetic personality led her to a career in nursing. By the time she retired, she was vice president of patient services for a large hospital. "I'm very proud of what I accomplished," she says deservedly. "I worked very hard. I was very lucky in my marriage and career."

Like most people in their later years, her life has not been free of heartache and serious health issues. She is a cancer survivor and as a young adult was diagnosed with a heart murmur after she had scarlet fever. Ironically, her husband, Walter, who was an avid outdoors-man and appeared to be healthy and fit, had his first heart attack at the age of 42. With daily exercise and other lifestyle changes, he lived for another 34 years before he passed away 10 years ago. The two of them met on a blind date in El Paso, where she had moved from Pennsylvania with her parents. She has a son, daughter and two grandsons.

Virginia moved to The Woodlands to be near her daughter Lori. She learned how stressful it is to care for aging parents who live some distance away when her mother, who needed care, refused to leave family and friends in El Paso even though Virginia and Walter included accommodations for her in the retirement home they built in Ruidoso, New Mexico.

Today, Virginia spends most of the year here and the warmer months in Ruidoso where she has a second set of close friends and neighbors.

Her mantra and advice to others is, "It's just as important to exercise as it is to socialize." She works out in an exercise class at the South County YMCA three

mornings a week and still enjoys cooking and entertaining.

Virginia has warm praise for the volunteers at Aging in Place – The Woodlands. “I feel as though all the volunteers are just outstanding,” she says emphatically. Like many people who have devoted their lives to helping others, it isn't always easy for her to ask for assistance, but she no longer drives and is especially thankful for AIP-TW's rideshare program.

UPCOMING EVENTS

May 15, Wednesday, Coffee and Conversation at Ken and Mary Dorland’s home.
See details above.

May 20, Monday, 1:00 p.m., Medicare Fraud and Scams: How to Avoid Becoming a Victim, South Regional Library, 2101 Lake Robbins Drive in the large meeting room. Program presented by The Woodlands Township Neighborhood Watch. For more information, call 281-210-3800.

May 21, Tuesday, 5:00 p.m. AIP-TW Board of Directors quarterly meeting at South Regional Library. Members are welcome to attend, but space is limited so please make a reservation by calling 281-845-4441 or email aiptwtx@gmail.com. If you are interested in serving on the board or chairing a committee this is an opportunity to learn more about our administrative procedures, goals and needs.

APRIL PICNIC GREAT FUN DESPITE THREAT OF RAIN



With heavy rains in the forecast, the staff at Levure Bakery quickly set up tables and chairs for us under their covered patio. The bakery borders the newly designed Market Square Park where we had planned to eat and socialize.

Erika Pratt kept the possibility of uncooperative weather in mind when she coordinated the event, so the bakery knew in advance there might be a last-

minute rush to their patio which we quickly filled. Thanks, Erika!



A joy shared is twice a joy; a burden shared is half a burden. T.A. Webb