



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

NEWSLETTER

JULY 2019

PRESIDENT'S POST:



I hope everyone had an enjoyable 4th of July. It is always a special day in the Reinhold household as it is my husband, Herb's birthday. Most people get a few candles on their birthday cakes, but Herb gets beautiful fireworks displays every year!

In our March newsletter I wrote about my nonagenarian parents who are aging in place in southwest Florida. My mom was getting weaker and our family was concerned about her welfare. My father, brothers and I decided we would work with a homecare agency and have caregivers come to my parent's home 4 hours a day during the week. The goal was to give my mom assistance with some of her activities of daily living and ease her into having a caregiver in their home.

Well, for a couple of reasons that homecare agency did not work out, so my father and brother interviewed another company. Two days after meeting with them my mother became ill and was taken to the hospital. She was treated for her illness, was improving and we were making plans to discharge her to a rehabilitation facility to gain strength and then go back home.

Quite suddenly in the middle of the night before her discharge my mother went into respiratory distress and there was some concern among the staff as to what they would do for her since she is designated a "Do Not Resuscitate" (DNR). Fortunately, they were able to turn mom around quickly. They did an echocardiogram which determined mom had an extremely low ejection fraction which basically is a measurement of the heart's pumping ability.

The echocardiogram totally changed our discharge plan. Instead of going to a rehabilitation facility my mother was placed on home hospice. You may be surprised by my reaction, but I was actually happy to hear this. I had many concerns about mom

going to a rehabilitation facility especially with me living so far away. Being under the care of hospice meant we could bring mom home where we always wanted her to be. Physicians place people on hospice for various reasons, but the main reason is they think it is plausible the person will not live longer than 6 months. Physicians cannot say with certainty the patient will die within 6 months but based on someone's medical condition and the physician's experience they make such a determination.

Hospice care encompasses an excellent philosophy of life and death. Hospice provides pain control, physical, emotional and spiritual support and, most importantly, dignity as a person transitions from this life to the next.

My mom is actually doing quite well. In addition to the hospice care, my father hired caregivers 24/7. They love my mother and are providing the needed support. My brothers and I are taking turns spending 1-2 weeks with my parents to offer additional support and also spend quality time with them. Overall, I am very pleased with how everything is going.

I have a lot more I can share with you about this experience and if you're interested I will update you in next month's newsletter. I'd also like to provide information on topics such as: living wills, "DNR," out of hospital "DNR," hospice and more.. Maybe we will arrange a lunch and learn to address these topics.

On a final note, I want to mention that a group of us from AIP-TW recently went to see the play, "Newsies" put on by Class Act Productions at the Nancy Bock Theater in The Woodlands. It was an absolutely wonderful production and thoroughly enjoyed by all in our group. I would like to arrange more outings to their upcoming productions. They have group rates and a handicap entrance and seating. I'll keep you posted.

Best wishes,

Peggy Reinhold = President, AIP-TW

FOOD, FUN AND FRIENDS WHEN WE LUNCH TOGETHER ON JULY 17



**What DO YOU say?
Let's DO LUNCH!!**

Members and guests are invited to enjoy a country-style buffet for \$15.95 on Wednesday, July 17, 11:30 a.m.- 1:30 p.m. at Embassy Suites at Hughes Landing. The address is 1855 Hughes Landing Blvd. in The Woodlands, phone number 281-298-2900. Options include vegetables, salads, chicken, pork, salad bar, soup, soft drink and dessert.

Please make your reservation no later than July 15 by calling 281-845-4441 or email aipwtw@gmail.com. Rides will be provided for

members that need them. Everyone picks up their own tab for food and beverages.

MEMBER SPOTLIGHT: GEORGANN HINTON, SEVENTH GENERATION TEXAN



It isn't often you meet a seventh generation Texan. Member and rideshare volunteer driver **Georgann Hinton** has that rare distinction. She traces her roots to Richard Hooper, a cavalry commander who came to what is now Shelby County in 1783. Her father and grandfather were both physicians. When her grandfather graduated from the University of Texas Medical Branch at Galveston in 1905 annual tuition was one-hundred dollars. (Tell that to your college-age grandchildren and their parents footing the bill.)

Georgann is unique in other ways as well. "I was Uber before there was Uber," she jokes. Private transportation was one of the concierge services provided by her company "Let George Do It." She owned and operated the service specializing in home and office organization for 16 years. As a member of the South Montgomery County Woodlands Chamber of Commerce she was allotted one minute at its monthly breakfasts to talk about her business. "It's a concierge service...and that's French for "I'll do anything for money," she quipped. After a pause she added, "but it does have to be legal, moral and ethical." Naturally she got a laugh and people remembered her.

Her introduction to office management began in high school when she worked in her father and grandfather's office in the old Park View Hospital and Clinic. After that she spent 10 years as executive secretary and administrator for the president of a major oilfield services company. Later she was executive assistant to the president and owner of a brokerage and consulting firm in the insurance industry. At one time she was a licensed private investigator and before that personal secretary for Elinor McCollum, the philanthropist and socialite wife of L.F. McCollum, former chairman of Conoco.

To say that Georgann never wastes a minute is no doubt an understatement. She has served on various boards and committees in The Woodlands and elsewhere, including the Chamber of Commerce, The Woodlands United Methodist Church, Memorial Hermann Hospital Volunteer Auxiliary, the Read Commission and the Academy of Lifelong Learning at Lone Star College-Montgomery.

Georgann has a daughter, Cindy, three grandchildren and seven great-grandchildren. Her daughter lives in Florida, a place she loves to visit and where she is seen above getting acquainted with a dolphin. "I have been blessed to have my home, my family, wonderful neighbors, my church, and to have found Aging in Place, a wonderful organization to be involved with," she says. Members of AIP-TW feel equally blessed she found us.

UPCOMING EVENTS

July 17, Wednesday, 11:30 a.m. - 1:30 p.m., lunch at Embassy Suites Hughes Landing. (See details above.)

August 16, Friday, 1 p.m.- 3 p.m. Mark your calendar now for the fall open house of the Academy of Lifelong Learning (ALL), Lone Star College-Montgomery. The event will be held in The Woodlands in the Lone Star System Office STAR Ballroom, 5000 Research Forest, near Research Forest and Gosling Road intersection. For more information, see the website <http://www.lonestar.edu/all-montgomery.htm> or call 936-273-7446.

August 21, Wednesday, 11:30 a.m. – 1:30 p.m. Lunch and Learn at Houston Methodist The Woodlands Hospital. Physical therapist Claudia Puett will speak about exercises and stretches to help with mobility and balance as we age. More details closer to the date.

NETWORK NEWS

Aging in Place – The Woodlands is a member of the national Village to Village Network (vtnetwork.org), the umbrella organization for more than 200 Villages spread across the U.S. with dozens more in formation. VtV enables our board of directors to connect with other villages to share best practices on everything from starting an all-volunteer community of neighbor-helping-neighbor to the mundane essentials of operating a virtual office.

According to a recent AARP study, nine out of 10 Americans prefer to live in their own homes as they grow older. Most of us want to avoid a retirement community or nursing home as long as possible—or forever. The latest edition of the Village to Village Network News includes a reference to Consumers Checkbook website devoted to aging in place. The content is mainly focused on the Washington, D.C. area, but is useful wherever you live. You can check it out at <https://www.checkbook.org>.

JUNE SOCIAL EVENT



*"Laughter is
timeless,
imagination
has no age,
and dreams
are forever."
Walt Disney*

Mama mia! Members and guests enjoying time together during lunch at Nona's Italian Grill last month.

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