



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

## NEWSLETTER

AUGUST 2019



### **LET'S GET MOVING: LUNCH & LEARN ON AUG. 21 FEATURES ADVICE FROM A PHYSICAL THERAPIST**

"Bodies in Motion," a presentation by physical therapist Claudia Puett at Houston Methodist The Woodlands Hospital, takes place Wednesday, August 21, from 11:30 a.m. to 1:30 p.m. Members and guests are invited. We will learn ways to improve mobility, prevent injuries, and enhance balance, flexibility and strength.

The event will be held at the hospital, 17201 I-45, in the Sky Plaza on the third floor in conference rooms 2 and 3. Participants can pre-order a box lunch for \$10 that includes your choice of a sandwich (turkey, ham, roast beef, chicken salad, or tuna salad), chips, fruit cup, water and cookie. Let us know your sandwich choice when you RSVP. Please make your reservations no later than Monday, Aug. 19, by calling 281-845-4441 or email [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com). Rides will be provided for members that need them.



### **MEMBER SPOTLIGHT: MEET NEW MEMBERS JERRY AND CAROL SABER**

Jerry graduated from the US Naval Academy in 1963. Duty assignments included many destroyers, a year in Vietnam and post graduate school where he earned a master's degree in computer science. His last duty assignment was in the U.S. Embassy, Tokyo, Japan, where he served under Ambassador Mike Mansfield. It is interesting that Jerry received his appointment to the Naval Academy 22 years earlier from Ambassador

Mansfield. At the time of his retirement, Jerry was assisting Japan to build AEGIS warships, a program he initiated while serving in the embassy.

Jerry stayed in Japan as he was hired by RCA, which was sold to GE and ended up being sold again to Lockheed where he retired again after 10 years. He has children living in Colorado and California.

Carol was a 4-H sewing champion who graduated with a nursing degree, married an oncologist and traveled to many interesting places as her husband was the physician for the Saudi royal family. During that time she created a number of clothing patterns, taught quilting classes and gave lectures. While raising two children, she earned a law degree and was a criminal court judge in Houston when she took a tour to Japan with a group of Canadian and American quilters. Carol met Jerry at a shrine sale (also known as a flea market) and that led to their being married in 1991.

They left Japan at the end of 1995 and moved to Port Ludlow, Washington. Carol eventually became the mayor while they sold Japanese textiles and antiques. Carol was teaching in California where many asked her to lead a tour to Japan. The first one was organized in 1997. After that they led tours once or twice a year for 20 years.

In between tours to Japan, they had a booth in many quilt shows around the country and continued to travel extensively on guided tours, ocean and river cruises and self-guided tours. Carol grew tired of the gray weather in Port Ludlow. They chose to move to the Houston area where Carol could be close to her children and grandchildren.

Last year they shut down their website and ended the tours to Japan. They are also working to shut down their business of selling Japanese textiles so they can travel more, be with family and assist those who need a helping hand. Being accepted as volunteers with Aging in Place has been a rewarding experience for the Sabers. They look forward to meeting other volunteers and helping others.

## **UPCOMING EVENTS**

**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 at 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. (See details above.)**

**Sept. 9, Monday, 5 p.m. – 7 p.m. Aging in Place – The Woodlands Board of Directors quarterly meeting is open to members. Members who would like to serve on the board or become a volunteer team leader are especially welcome.**

Space is limited so please call 281-845-4441, or email [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com) to let us know you would like to attend.

