



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

NEWSLETTER

SEPTEMBER 2019

PRESIDENT'S POST

Hello everyone! I hope you all had a nice finish to summer with the recent Labor Day weekend. Of course, with the very hot temperatures lately it hardly seems like summer hasn't ended.

Many of you have been asking me how my mother is doing, which is very thoughtful. I'm happy to report she is doing quite well. I visited my parents a couple of weeks ago and we had a great visit. My mom is still under the care of hospice and 24/7 caregivers. A hospice nurse visits Mom once a week and her assessment is always positive. Any of us would be thrilled to have such great vital signs and clear lungs.

There are many things that continue to impress me regarding my 95-year-old mother. She has great stamina despite a very frail body. She really never sat still while raising 10 children, maintaining homes, and running businesses, PTOs and charitable events. I guess it shouldn't surprise me that she still pushes herself to do as much as she can.

My mother has always been an extremely independent person and as much as she liked to help others, she really didn't like depending on people to assist her. This characteristic worried me as Mom grew older. At some point we all need some help despite our desire for independence and I wondered how Mom would mellow in this matter.

Well, Mom has finally mellowed a bit. Granted, she's 95 and on hospice, but she's finally accepting the help of others. During my visit I enjoyed watching many of the interactions between mom and her caregivers. When the caregivers got ready to transfer Mom from her bed to the chair, Mom would wrap her arms around their necks and lace her fingers tightly together for good measure. Mom had to trust the caregivers would not drop her, but together they made these transfers safely.

Mom always preceded a request for something with "please" and then followed it up with "thank you." As simple as that may seem, it really warmed my heart. My mother was still gracious and polite to others. A real class act.

I think what really amazes me most is that my mother has not lost her immense capacity to love and encourage others. Believe me, she has plenty of things she could complain about and many



reasons to have self-pity. However, it's just not in her DNA. She dismisses her trials as mere inconveniences and focuses on what she can say and do to build others up and make them feel special and loved.

It is interesting that Kitty Means, our newsletter producer and editor included the "Seventeenth Century Nun's Prayer" in our newsletter this month. It parallels some of the same observations I made with my mother. I guess some sentiments and truths are timeless. I think the line about a "growing humility" is something all of us should think about. Each one of us is growing older each day, so it's a good time to lend and/or ask for a helping hand.

Peggy Reinhold
President, AIP-TW

SEPTEMBER 18 LUNCHEON IN PRIVATE HOME



Erika Pratt is hosting our monthly luncheon in her warmly inviting, art-filled home in The Woodlands on Wednesday, Sept. 18 from 11:30 a.m. to 1:30 p.m. She will provide food and beverages, so round up a friend or neighbor and join us. R.S.V.P. no later than Sept. 16 by calling 281-845-4441 or email aiptwtx@gmail.com. Rides will be provided for members who need them.

CALL MANAGERS NEEDED

We are an all-volunteer organization that uses a rotating team of call managers working from their own homes. As we grow, more call managers are urgently needed. If you enjoy connecting with others by phone you can play a vital role in the growth and sustainability of our programs and services. All you need is a telephone and computer to serve as a call manager during a 4-hour morning or afternoon shift once or twice a week. We provide training and backup when you are traveling or otherwise unavailable. Your phone won't be ringing constantly, just a few times during your shift.

Call managers handle transportation requests, register members who R.S.V.P. for social events, answer questions about how to become a member or volunteer, accept member requests for services and answer calls from anyone who may want to know more about AIP-TW. If this sounds like something you would enjoy, please contact us at 281-845-4441 or email aiptwtx@gmail.com

UPCOMING EVENTS

September 18, Wednesday, 11:30 a.m. – 1:30 p.m. Lunch and socializing in private home. (See details above.)

September 28, Saturday, 2:30 p.m. See a delightful matinee performance of the Tony Award-winning play *Matilda* at the Nancy Bock Theater with others who love live theater. An email with details will be sent closer to the date or contact us at aiptwtx@gmail.com, phone 281-845-4441. Rides will be provided to members who need them. Friends are invited. For more information about the play, see the theater's website: <https://www.showclix.com/event/matilda2019>. The play was written by Roald Dahl, author of the perennial children's favorite "Charlie and the Chocolate Factory."

LUNCH & LEARN AT HOUSTON METHODIST THE WOODLANDS HOSPITAL



Physical therapist Claudia Puett offered tips and inspiration on how to remain healthy and active during last month's Lunch & Learn hosted by Houston Methodist The Woodlands Hospital. AIP-TW President Peggy Reinhold, a nurse at the hospital, introduced her.

FOOD FOR THOUGHT *Editor's note: Below is an item that is periodically circulated on social media in case you have missed it. Skeptics may doubt that it was written by an anonymous 17-century nun, but the subtle advice on how to live graciously and respectfully as we grow older is as relevant today as it ever was.*

Seventeenth Century Nun's Prayer

Lord, thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom it seems a pity not to use it all, but Thou knowest Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint-some of them are so hard to live with-but a sour old person is one of the crowning works of the Devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And, give me, O Lord, the grace to tell them so.

Amen.

Anonymous

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