



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

## **NEWSLETTER**

**OCTOBER 2019**

### **PRESIDENT'S POST**



Hello all and hello fall! After one of the worst September weather months in Texas history (according to Space City Weather) I know we are all happy to welcome some cooler temperatures.

In the spring of 2017 I joined Aging in Place-The Woodlands (AIP-TW) as a volunteer driver. I had read an article about AIP-TW in Community Impact Newspaper and knew immediately I wanted to be a part of this organization. My inherent love for seniors and my support for the "aging in place" lifestyle piqued my interest in AIP-TW.

Much has changed in the 2 ½ years I have been involved with AIP-TW. Our membership has grown from a handful of folks to approximately 70 people. The main area of service in the early days was transportation and is continues to expand. We had a couple of social activities in 2017 and then in 2018 we started the tradition of a monthly social gathering. These socials have included: lunch at area restaurants, holiday celebrations, brunches and tea parties in member's homes and Lunch and Learns at Methodist Hospital. Check out photos from all of the socials on our webpage ([www.aiptwtx.clubexpress.com](http://www.aiptwtx.clubexpress.com) under the photo albums tab.) Our monthly socials have been quite popular with as many as 30 people enjoying our get-togethers.

As our membership grows we are adding more activities for you to enjoy. Our new AIP-TW Playgoers group has attended two recent productions ("Newsies" and "Matilda") at the Nancy Bock Center for Performing Arts in The Woodlands. Everyone has been thrilled by the outstanding performances of the young actors and actresses with Class Act Productions. "A Christmas Story" is the next production in December. We will send out details for ticket purchases in November.

We are hosting a booth at the Interfaith Caregivers Conference Nov. 2 where we will greet people and tell them about our wonderful organization. See more information below.

AIP-TW has a Board of Directors consisting of nine volunteers who are active team leaders in AIP-TW programs. Before we launched in 2017, the founding board spent a year developing the mission and vision of AIP-TW. This included filing paperwork to become a 501(c)(3) nonprofit, purchasing liability insurance, setting up a virtual office, writing a volunteer driver handbook and many other tasks. Five of the nine original board members still serve on the board to provide steady leadership as our organization expands throughout The Woodlands.

All members of AIP-TW are invited to our Annual Meeting and social on November 11. We will have a short meeting where you can learn about what we do behind the scenes as well as ask questions and offer suggestions to improve our organization. When the meeting adjourns we will socialize and enjoy complimentary lite bites. This activity serves as our monthly social. We hope you will join us. (See details below in Upcoming Events.)

### **AIP-TW TO PARTICIPATE IN CAREGIVERS CONFERENCE NOV. 2**

Visit our booth and say hello to AIP-TW volunteers who will be handing out brochures and promoting our services at Interfaith of The Woodlands Fall Caregivers Conference on Saturday, Nov. 2, 8:30 a.m. to 3 p.m. at Christ United Methodist Church, 6363 Research Forest Drive. The conference is a skill-building and informative workshop for family members caring for a loved one, including children with special needs.

Even if you are not currently a caregiver, the conference offers informative exhibits and breakout sessions of interest to all older adults. A panel of legal experts will be taking questions on elder law.

Registration for the conference is available online at [woodlandsinterfaith.org](http://woodlandsinterfaith.org). For more information, call Raymona Lewis, Interfaith of the Woodlands, at 281-367-1230, or Becky Villarreal, CarePartner, at 713-682-5995. Complimentary respite care will be provided for senior adults.



### **MEMBER SPOTLIGHT : *Anisa Foy has led a full life on several continents. In her own words, this is how her life unfolded:***

Hello, I'm Anisa Foy and have lived in The Woodlands since 2008. I had been living a very busy life, working, traveling and spending time with people I love, when it suddenly dawned on me that I need to consider settling down. The years have a way of catching up with you when you least expect it. (I turned 82 a week ago on October third.) I had every intention to just keep living my life on my own terms, but after my third or

fourth fall I realized I had to make some adjustments. That's when I discovered Aging in Place – The Woodlands.

I was born in Bombay, British India in 1937. I enjoyed a carefree childhood until life as I knew it ended abruptly in 1947 when the Indian Subcontinent was partitioned into India and Pakistan. The country was declared independent from Great Britain and divided along the basis of religion. Simply put, parts with a large population of Hindus became Bharat (India) and parts with a majority population of Muslims became Pakistan. Being a Muslim family, we discovered almost overnight, that we were persona non grata with no place to call home. My father lost all his business holdings and went bankrupt. We moved to Pakistan to rebuild our lives. It was a very difficult time for me as I was just entering adolescence and was suddenly cut off from the friends and world I knew. My family struggled and never regained its previous level of affluence. Fortunately, I was given a good education, but I never felt quite at home in Pakistan. I always dreamed of travel and discovering places I'd read about in my social science classes.

A job opportunity with Pakistan International Airlines in 1960 opened the doors for world travel. I became an airline stewardess and never looked back. Flying international routes, I discovered the wonders of London, New York, Beirut, Frankfurt, Geneva, Paris, Moscow and many more great cities. Life was a whirlwind of discovery. It never felt like work because I was always exploring a new city.

After four years of working as a stewardess I felt the need to be back on ground and secured a job with the same airline at Britain's Heathrow Airport. England became my home for the next 30 years. I married Hugh Foy, an Irishman, and the love of my life. Hugh worked for TWA at Heathrow. We travelled the world together every chance we got. We were not blessed with children, but we were traveling too much to notice that void in our lives.

Approaching my 50s I began to feel restless. The world of international work and travel began to lose its charm. At that time my husband and I were offered early retirement. We both grabbed the opportunity. Hugh was happy to play golf and traveled to some of the world's legendary golf courses. I wanted something more. I had a secret dream to work with children and decided to pursue that goal. I was particularly interested in Montessori education and went back to school in 1990 to obtain my elementary school credentials. I chose to come to the United States because more courses were available here. While I was still at the Montessori Institute of The Pacific North West in Portland, Oregon, I was offered a job at a new Montessori school just starting up in Fullerton, California. I signed up thinking it would be a good post-graduate training exercise for one year. Fast forward to 2019 and I am still involved with the same school, Arborland Montessori Children's Academy, now on my fourth act as their Educational Advisor.

During the early years of my Montessori work my husband and I commuted between London and Los Angeles, and I was trying to decide between retiring in England or the United States. Sadly, he passed away in 2001. I retired from active classroom teaching in 2008 and chose to settle down in The Woodlands. My choice was based on the beauty of the area, cost of living and some dear friends who had made the move from

California a few years earlier. It's been a great choice! These days you will find me either in the pool at Villa Sport or the yoga studio, lunching with friends or relaxing and writing at home. Other times I travel to California for work, and Florida, Virginia and Minneapolis to visit family. I'm planning a trip to England and Pakistan in October/November, God willing and health permitting.

## UPCOMING EVENTS

**Oct. 16, Wednesday, 11:30 a.m.- 1:30 p.m.** Picnic in the Park has been **cancelled**. With rain in the forecast, the social team has reluctantly cancelled the picnic. However, we encourage you to visit local parks on sunny fall days. Research shows that being out in nature can benefit your mind and body in a number of ways. One study found that people's blood pressure, resting heart rate, and levels of cortisol (a stress hormone) were all significantly lower after a 15-minute nature walk. It can even improve your memory.

**Nov. 2, Saturday, 8:30 a.m. – 3:00 p.m.** Interfaith Caregivers Conference. (See details above.)

**Nov. 11, Monday, 4 p.m. - 6 p.m.** AIP-TW Annual Meeting. All members and volunteers are invited to attend our annual board of directors meeting. It will be held at La Cocina de Roberto, 3126 Sawdust Road, The Woodlands, 832-299-6706; <http://lacocinaderoberto.net>. Meeting will be followed by a social including free lite bites and non-alcoholic beverages. R.S.V.P. by Nov. 4 by calling 281-845-4441 or email [aipwtw@gmail.com](mailto:aipwtw@gmail.com).

**TIME TO REVIEW YOUR MEDICARE CHOICES** Here's a great article with information on how to handle the 2020 Medicare and drug plan sign-up during the open enrollment period: [https://aipwtw.clubexpress.com/content.aspx?page\\_id=5&club\\_id=790067&item\\_id=49001](https://aipwtw.clubexpress.com/content.aspx?page_id=5&club_id=790067&item_id=49001). Thanks to Carey Yeager for submitting this.



## MEMBERS AND FRIENDS ENJOY 'PLAYDATE' AT LOCAL THEATER

**"I'm always amazed and delighted by the talented performers of the Class Act Productions,"** said AIP-TW member Helen Bostock after a matinee performance of the musical "Matilda" at the Nancy Bock Center for Performing Arts last month. Class Act Productions is a widely lauded community youth theater that stages entertainment at the Nancy Bock Center.

The AIP-TW Playgoers is our first special interest group and is already a success. We will keep you posted on when they will step out together for another performance. Members, volunteers, friends and neighbors are invited to come along.



**MEMBERS WERE  
AWED BY ART  
COLLECTION IN  
PRIVATE HOME.**

Erika Pratt is an artist and art lover who hosted our September luncheon in her home.



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Proud Member of  
the Village to Village  
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