



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

## NEWSLETTER

JANUARY 2020

### PRESIDENT'S POST



Happy new year and happy new decade! That's kind of a hefty salutation isn't it? How about we keep it simple and say, "happy new day"? Sometimes I think it is okay to take one day at a time and be happy/satisfied/grateful for where we are at the moment and not get overwhelmed with thinking about the future.

The past two Saturday mornings have been pretty interesting for me. A couple of weeks ago I trained one of our octogenarian AIP-TW members to be a call manager. I was impressed that someone in her 80's would take a chance on learning new information and skills and then commit to answering calls and scheduling services for our members. Truth be told, our new call manager was training lots of people on computer programs in her company long before I even knew what a computer was. She caught on quite quickly and we are thrilled she is able to help us out in our virtual office with its all-volunteer staff. I think she is feeling pretty good about this accomplishment as well. Thank-you Beth.

This past week I interviewed an almost 90-year-old gentleman who wanted to join our organization. He is a fascinating man and is now officially a member of AIP-TW. He plays a keyboard, composes music, writes plays and children's stories, does needlepoint and likes to bake cookies for others. We will help him with rides around The Woodlands, but I'm sure we will benefit from his many talents. I can't wait for you to meet Russ.

On the Murphy (my maiden name) home front, we had a bit of a setback with my dad. A few weeks ago he was leaning over to turn off a bedside lamp, lost his balance and fell. Fortunately, his caregiver was there and assisted him back up. He bumped his head on

the table, which didn't cause him too much pain. However, his left hip and leg have been hurting a lot. A CT scan indicated he had a hairline fracture in his hip.

The good news is Dad does not need surgery, but he is having a tough time walking. He can make it short distances, but it sounds like the caregivers are wheeling him around quite a bit. We have a physical therapist coming in twice a week and the caregivers are helping Dad with exercises as well.

My father has dealt with a lot of change the past 8 months. His wife was placed on hospice and succumbed to her illness 5 months later. He is now experiencing some loss of independence and increased frailty. For sure, this is the progression as we age, but it's never easy is it? We are blessed though. Dad's 98<sup>th</sup> birthday is next month, and I am looking forward to celebrating it with him.

Peggy Reinhold  
President, AIP-TW

### MONTHLY LUNCHEON AT BELLAGREEN RESTAURANT IS JAN. 15



Bring your neighbors and friends and join fellow members and volunteers for lunch on Wednesday, Jan. 15, 11:30 a.m. We will be gathering at Bellagreens, an American bistro offering freshly prepared soups, salads, pizzas, entrees and desserts at reasonable prices.

Bellagreens is located at 2501 Research Forest Drive in The Woodlands. Check out their menu at

<https://bellagreen.olo.com/menu/woodlands>. The phone number is 281-291-4515.

Make your reservations no later than Monday, Jan. 13, by calling 281-845-4441 or email us at [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com).

### MEMBERS SPOTLIGHT

#### BRUCE AND MARY CUNNINGHAM: A COUPLE THAT NEEDS NO INTRODUCTION

*Aging in Place – The Woodlands was the brainchild of Bruce Cunningham, the founding president and current board member. The Cunninghams are avid participants in this and many organizations. Here is a brief biography of their exciting careers and full, adventurous lives.*

Bruce Cunningham and Mary Trenkamp met at American Airlines in February 1959 where she was his instructor. They married a year later. Over the next five years they had four children and they now have six grandchildren. On February 20, they'll have been married for 60 years.



Mary was born in Cleveland, Ohio, the fourth of five children. Her father had a grey iron foundry and she and her siblings stayed in the same home until they went to college. She grew up with a passion for figure skating along with her sisters and brother. Mary went to New York to study for a graduate degree in physical therapy at Columbia. She fell sick early in the second semester and was out too long to return to class, so took a temporary job at American Airlines, You know the rest of the story.

Bruce was born in New York City; his father was in the Marine Corps and as a result he had a nomadic upbringing which continued until he moved to The Woodlands. A graduate of Norwich

University, and later NYU, he went into the Army after graduation, ultimately becoming a captain and infantry company commander. He was a vice president at American, Pan American and Continental Airlines, a securities analyst at the Ford Foundation and a presidential appointee in both the Ford and Carter administrations to the Civil Aeronautics Board. He was a founder of two airlines, a management consultant with Booz Allen and had his own firm. He has worked in 42 countries and has lived in Pakistan, Saudi Arabia and Vietnam.

Both Bruce and Mary have been active since locating in the Woodlands. Mary has spent almost 30 years working with the St. Vincent Depaul Society at Saint Simon and Jude church. She was an avid tennis player until her knees gave out and is now an avid basket weaver participating in two basket weaving groups.

Bruce has been president of the Grogan's Mill Village Association for eight terms and was a founder of the Voter Awareness Council, Bike the Woodlands Coalition, The Woodlands Farmers Market and Aging In Place - The Woodlands. He is also president of MUD 6. He was elected a Woodlands Hometown Hero in 2016.

Both Bruce and Mary have been active participants in Aging In Place since its inception. He started it after reading a book by Atul Gawande, *Being Mortal*, in which aging communities were described. He believed that The Woodlands could use a similar organization which would allow people to remain in their homes rather than be forced

into a nursing home or to live with relatives. He was aided in starting Aging in Place with the help of Ken Dorland and many others and says it would not have continued without their involvement.

He and Mary firmly believe that the things that help you age are:

- A feeling of being productive and helpful to society
- Having a reason to get up in the morning
- Having social connections that keep you from being lonely

These are the principles which guide Aging In Place and why we ask everyone to volunteer and participate in the organization's activities.

### UPCOMING EVENTS

**January 13, Monday, 5 p.m. – 7 p.m.** Quarterly meeting of AIP-TW Board of Directors. Members are welcome to attend but space is limited so please call us at 281-845-4441 or send an email to [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com)

**January 15, Wednesday, 11:30 a.m.** Monthly luncheon at Bellagreens. See details above.

**January 25, Saturday, 9 a.m. – noon.** Celebrate Arbor Day by planting a tree. Free native tree seedlings are available at Northshore Park, 2505 Lake Woodlands Drive.

### PLAYGOERS ENJOYED HOLIDAY MUSICAL AT LOCAL VENUE



Yes, Peggy, there is a Santa Claus...and a Mrs. Claus, too.

AIP-TW President Peggy Reinhold made sure Santa and Mrs. Santa heard what she wanted for Christmas. She met them in person while attending a December musical with our popular Playgoers group.



Not everyone who attended the heartwarming production of *A Christmas Story* had a chance to whisper in Santa's ear, but all enjoyed a polished performance by acclaimed Class Act Productions.



#### A RESOURCE YOU MAY FIND HELPFUL

If you would like to know what the monthly median costs of home health care, assisted living and nursing care is in the Houston Area, Genworth Financial, Inc. publishes the results of their annual survey on their website, <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>. Simply enter your zip code to pull up numbers for any geographical area in the United States. For example, in-home care homemaker services in the Houston area is listed at a median cost of \$4,099. A semi-private room in a nursing home has a median cost of \$3,750. Thank you Carey Yaeger for bringing this to our attention.

*"NEVER STOP LEARNING, 'CAUSE LIFE NEVER STOPS TEACHING."*



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the Village to Village  
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