



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

## NEWSLETTER

MAY 2020

### **PRESIDENT'S POST**



A happy belated Mother's Day to all the mothers and grandmothers! I hope you were able to connect with your loved ones and share special memories.

This was my first Mother's Day since my mom died. I've been experiencing a lot of mixed emotions since her death, but I find that as I reflect on the many wonderful memories and invaluable lessons learned I don't feel as sad about my mom not being physically here. More often now I feel my Mom's spirit by my side and that has been comforting.

I hope everyone is faring well with social distancing and other measures needed to stay healthy during the COVID-19 pandemic. It's been challenging not being with family and friends and not having the freedom to go where we want and when. It's also stressful worrying about the safety of family members whether it's an elderly relative or a young couple with small children.

The person I worry about most is my father. In general, he is quite healthy, but he is 98 years old. He is fortunate that he lives in his own home, but he is dependent on caregivers who assist him with activities of daily living. Dad has been helped by the same 3 caregivers the past 4 ½ months. This consistency in his care has been a blessing.

We are very grateful these 3 wonderful women have stayed on dad's case and have not been ill. They are very concerned about his health and I feel they are quite cautious with their own health. My father has had various health issues this year, but so far we've been able to get him back on track. He also recently participated in his first Zoom doctor's appointment which went splendidly.

Speaking of Zoom, have you been Zooming yet? Zoom is one of many platforms we can use to connect with friends, family, and co-workers over the internet. If you have a smart phone, tablet or computer and access to the internet you can use these platforms for free. As you will read below, our call managers have been setting up small Zoom gatherings for members of AIP-TW. Don't worry if you don't know how to use Zoom. Our call managers will teach you how to get connected. It's a fun way to socialize while we practice social distancing.

Like some of you, I have been using Zoom to connect with family and childhood and college friends. I'm also having a wonderful time reconnecting with my Canadian relatives many of whom I haven't seen in 40 years. We are now planning a big, family reunion for the summer of 2021. It is so exciting to be doing this and technology is really making it easier.

In my professional life, I facilitate 3 support groups which meet once per month in person. When COVID-19 disrupted all such activity I came up with the idea to have our support groups online using a platform similar to Zoom. I felt it was more important than ever to stay connected. Well, the groups have been a huge success! More people are participating, and they are very engaged. I'm quite sure that even when our social distancing restrictions are lifted we will continue to meet online. I would have never thought of using this method for support groups before COVID-19, so I'm grateful for a small silver lining in the COVID cloud.

I hope you are finding things to be grateful for as well. It's good for the soul.

Peggy Reinhold

President, AIP-TW

### JOIN US FOR A VIRTUAL ZOOM SOCIAL

After testing the Zoom platform for social meetups, our volunteer call managers are ready to hold Zoom socials for anyone who would like to participate. "Our meetings are informal and flexible," say **Beth Kulkarni**, a call manager who has implemented Zoom meetings. Those who participated in the testing phase have enjoyed chatting about their art work, knitting, pets, plants, and other things.

Please let us know whether you would like to join other members and volunteers for one or more virtual socials during the next few weeks (or months?). Reply by email to [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com) or phone 281-845-4441 and leave a voice message.

Volunteers ready to answer your calls and emails are **Erika Pratt, Margo Pearson, Beth Kulkarni, Pat Goodpastor, Ken Dorland, and Herb Reinhold**. Our thanks and appreciation to all of them for staffing our virtual office while our programs are curtailed.

### ALONE TOGETHER, WE CONNECT IN A DIFFERENT WAY



**Vicki Bradley** is a retired sociocultural anthropologist with a doctoral degree, warm heart, and empathetic nature. To help others meet the challenges of social distancing, she was among the first to suggest holding Zoom social gatherings until we can meet in person again. (See article above.) Vicki has volunteered to compile, and periodically distribute, a list of websites and streaming videos others of us

have come across and would like to recommend while we are spending most of our time at home. **Have you been streaming a Netflix series, learning how to draw cartoons, or enjoying something else online you would like to share? Send your recommendations to her at [treespace@comcast.net](mailto:treespace@comcast.net) or call her at 832-515-8366.**

May is a month when we would normally be going to graduations, weddings, and family reunions. But with the number of confirmed COVID-19 cases still rising, many of us are taking a wait-and-see attitude before relaxing social distancing protocols. Although shops, restaurants, hairdressers, dental offices, parks, golf courses, tennis courts and other public places are beginning to open up, it does not look like we will be popping in to Minute Maid Park for an Astros game or rubbing elbows in a concert hall anytime soon. Our old security blanket has been ripped away by a tiny pathogen.

To help you avoid the temptation of taking unnecessary risks in public places, here is our inaugural list of virtual viewing that might give you solace, hope, inspiration, escape or distraction while staying home. Most are free.

### Inspiration

The Daily Break is “one uplifting story a day from better times” in The Washington Post (<https://www.washingtonpost.com/news/inspired-life/>).

Some Good News with John Krasinski (<https://www.inspiremore.com/john-krasinskis-some-good-news-episode-3>) Heartwarming videos that will make you smile and remain hopeful.

National Geographic - Your Weekly Escape

(<https://email.nationalgeographic.com/H/2/v40000017160f57152ad5d996e965fc958/111e2875-2eed-4baf-b47b-4a833b436349/HTML>) “Extraordinary people, discoveries, and places in a time of turmoil.” Amazing tales of purpose and dedication in exploring the natural world.

## **Board Games**

Words With Friends ([www.wordswithfriends.com](http://www.wordswithfriends.com)), a virtual scrabble game you can play for free on any device.

Patchwork by Mayfair Games, a board game available from Amazon, is a game of strategy inspired by patchwork quilting. Two players compete to build the most aesthetic, high-scoring patchwork quilt on a 9x9 board. No two quilts are ever alike. If you like puzzles, this is for you.

Trivia 360 is a free quiz game from Google Play for Android mobile devices.

(<https://play.google.com/store/apps/details?id=smartowlapps.com.quiz360>).

## **Exercise and Working Out**

Senior Exercises Online (<http://seniorexercisesonline.com/>) is a series of free exercise video clips designed for people over 60.

## **Music and Art**

Museum of Fine Arts Houston, virtual tour available at <https://www.mfah.org/exhibitions/>.

Houston Symphony Living Room Virtual Concert Series is one of several musical experiences available on their website. (<https://houstonsymphony.org/living-room-livestream/>)

Mercury Chamber Orchestra Houston (<https://www.mercuryhouston.org>). Songs of Comfort and Social Distancing Ensembles are beautifully played by Houston-area musicians.

## **Language Lessons**

Radio Lingua Network (<https://radiolingua.com/category/podcast/>) offers free podcast lessons in several languages, including Spanish, French, German and Italian through Coffee Break Academy.

Duolingo (<https://www.duolingo.com>) makes language learning fun, and it is free.

YouTube (<https://www.youtube.com/>). Google “How to use YouTube to learn a language” for video clips on learning a new language.

## Armchair travel

"Journeys of a Lifetime," second edition describes 500 of the world's greatest trips. Order online.

## Browse the AIP-TW Photo Album

Photos taken at various AIP-TW events are cached in Club Express ([https://aiptwt.clubexpress.com/content.aspx?page\\_id=187&club\\_id=790067](https://aiptwt.clubexpress.com/content.aspx?page_id=187&club_id=790067)).



*Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you sit down quietly, may alight upon you.*  
Nathaniel Hawthorne.

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