



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

NEWSLETTER

AUGUST 2020

PRESIDENT'S POST



It's hard to believe we are well into the month of August. Without social activities and vacations to create breaks in our schedules, all the months seem to blend together.

However, August is a very special month as my parents were married on August 23. They would have been married 68 years in a few weeks. August 23 is also the day Herb and I were married. The four of us celebrated many anniversaries together over the years. As special as our shared anniversary was, I also wore my mother's wedding gown for my wedding. It fit me perfectly and I was delighted to wear it.

It's almost 10 months since my mom died. Not a day goes by that I don't think of her and usually there are quiet tears to accompany my sweet memories. There's often a common denominator to my memories of mom and that is gratitude.

I'm grateful my mom taught me so many things and instilled in me values that have enriched my life. I'm grateful that she and my father raised 10 children and provided for us so well. And interestingly, I'm grateful my mother always had an attitude of gratitude.

Mom worked hard and sacrificed a lot for her family and others, but she never complained. She had a positive attitude and she always persevered. Mom didn't sweat the small stuff and the big stuff was just another goal to accomplish along life's journey.

My parent's home in Florida is surrounded by water and Mom loved walking out to her kitchen each morning and looking out at the beautiful Gulf of Mexico. She always said she never tired of the view and was always so thankful for it. Even as her health

deteriorated and others brought her to the kitchen in a wheelchair, Mom remarked how grateful she was for the beautiful view.

Our lives have been greatly affected by the covid-19 pandemic. We are growing weary of wearing face masks, keeping socially distanced, and curtailing all social activities. It is getting easier to complain about these restrictions and what we are missing out on. For those of us working in healthcare we are getting physically and emotionally drained.

How can we cope with all the stress and anxiety? I am trying to focus on that “attitude of gratitude” my mother instilled in me. When I start feeling stressed, sad, or overwhelmed I try to recall something or someone I am grateful for. Being grateful for my good health is always a perfect place to start, especially since every day I am around people suffering with disease. However, I can also be thankful for an unexpected phone call from a friend, the shade of a tree on a hot afternoon, or some quiet time to read a few chapters of a book.

I encourage you to nurture your attitude of gratitude. Below you will read about one of our members, Moye Oye. Moye certainly possesses a positive outlook on life and practices his attitude of gratitude.

Peggy Reinhold

President, AIP-TW



BOOK BUDDIES - AUGUST ZOOM MEETING ANNOUNCEMENT

Calling all AIP-TW book readers: As a longtime book reader, I think books are meant to be discussed and shared with others. Even if you choose not to participate in the shared book experience you can get ideas for books to read from participating in the discussion.

Join us on Monday afternoon August 31, at 3 p.m. via Zoom to continue our discussion from our July meeting. In July we talked briefly about the kinds of books we like to read and initiated the first step in the book sharing process with *Extra Time: Ten Lessons for An Ageing World* by Camilla Cavendish.

If you didn't attend the July meeting, you will have a chance at our August meeting to introduce yourself and tell us about the kinds of books you like to read and let us know if

you have a book or two to pass along to others to read. We are still working on a book transfer and record keeping protocol for those who would like to pass along and/or share an actual book. If sharing books with other AIP-TW members is not something you want to do right now, you are still invited to join the discussion on books you like to read and would like to recommend to others.

Looking forward to meeting with you on Monday, August 31, at 3 p.m. with the Book Buddies. Specific information for joining the next Book Buddies ZOOM meeting on Monday, August 31 will be sent to you via e-blast before the meeting date. No reservations are needed. Just follow the instructions for logging in.

Best regards,
Helen Bostock
helenbostock@comcast.net
281-419-0108

LONE STAR COLLEGE MONTGOMERY VIRTUAL OPEN HOUSE IS AUG. 12

A virtual Open House for all Academy for Lifelong Learning members will be held via Webex on Wednesday, August 12, starting at 11 a.m. For more information, call 936.273.7446.

MEMBER SPOTLIGHT: MEET NEW MEMBER MOYE OYE



Few residents of The Woodlands have followed a more circuitous route to get here than retired physician **Moye Oye**. “I was born in a fishing hamlet on the banks of River Niger, in Nigeria,” he says via email. “When I recently heard the lyrics, ‘I was born by the river’ (from Sam Cooke’s album A Change is Gonna Come) it brought back memories.”

Herb Reinhold, a volunteer driver in AIP-TW’s rideshare program, says, “I always look forward to driving Moye. His optimism and his interesting stories always make the short trips an enjoyable experience.

As with so many Aging In Place members, Moye has a breadth of experience and a unique wisdom that is just fascinating to listen to.”

Village life was simple with limited opportunities, Moye recalls. The only means of transportation was by boats and canoes. His father died when Moye was three years

old and for a time he lived with his uncle in an urban environment that was initially traumatic. Bicycles and motor cars were particularly intimidating.

Eventually, he moved to Lagos, the then-capital city, to live with an older brother who was struggling to survive. After fruitlessly searching for a job, he eventually got a temporary job at a post office, but after being humiliated by his supervisor, Moye was determined to move on and move up. His goal was to become a doctor.

Shortly afterwards, he accidentally met an old school mate who encouraged him to enlist in the military. He opted for the Air Force where he received financial support to enroll in a private course that enabled him to pass the high school equivalency exam conducted by the University of London. "After passing the exam, I felt free to leave for Europe to continue my education," he says. He worked and studied in Germany and London before eventually graduating from the Medical University of Vienna, Austria.

Although he had married in Nigeria, and planned to return there permanently, he realized it would not be feasible to repatriate his wife and children to his native country. He returned to London where he worked for a few years until he accepted a fellowship with the Atomic Energy Agency in Vienna. At the urging of his nephews who lived in the United States he moved to New York in 1990, though his two older children decided to remain in London. His youngest daughter was born in New York. He also worked in Atlanta and West Virginia where he and his wife divorced. He and his youngest daughter eventually relocated to Houston. She graduated from college and currently works in the Dallas/Fort Worth area.

"My decision to relocate to Texas after my retirement was based on weather and Houston's cosmopolitan culture." Moye was diagnosed with colon cancer two years ago and says it makes him think God wanted him here for more reasons than its weather and vibrant international ethos.

"I have met so many friendly people since I moved to The Woodlands. I have been treated with so much kindness that I never expected. To the AIP-TW community, I say THANK YOU!"

BOLLYWOOD SOCIAL HIT ALL THE RIGHT NOTES



They may not have been the elaborate dance steps our grandkids post on TikTok, but Erika Pratt taught us some smooth dance moves during the July Zoom social. Dressed in a traditional Indian sari, she had everyone laughing and enjoying themselves as they followed the beat while social distancing at home.

The social team welcomes your ideas for virtual get-togethers. Please email your suggestions to aipwtwx@gmail.com or call 281-845-4441.

Fans of PBS Masterpiece Theatre or anyone who has taken a Viking River Cruise may already have discovered Viking TV (www.viking.tv). It offers free programming to explore the world without leaving home. Virtual reality technology and 360 degree videography give viewers a chance to simulate great adventures like climbing Mount Everest or visiting the pyramids along the Nile. You can see inside some of the world's most beautiful museums for a private viewing of iconic masterpieces or listen to experts give the talks they would normally deliver onboard.



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