



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

## NEWSLETTER

DECEMBER 2020

### **PRESIDENT'S POST**



Can you believe it? We are fast approaching the end of 2020 and I'm sure most of us agree it couldn't come sooner. Living through a pandemic has been incredibly challenging. Unfortunately, many have lost their lives. Businesses and livelihoods have suffered, and people have been socially isolated from family and friends due to the Covid-19 virus. We have Covid fatigue and we desperately long to get back to a sense of normalcy.

On a personal note, I've been very fortunate this year and I'm trying to focus on the positives. I've been able to work and continue caring for patients with cancer. To journey with these patients as they battle cancer during a pandemic is amazing and I'm humbled by their courage. I'm very thankful I work for a great organization that has provided outstanding leadership all year long and is now positioned to provide Covid-19 vaccinations to 15,000 employees as soon as the vaccine is authorized by the FDA.

I'm also thankful for the innovations and technology that has allowed us to shop safely, participate in religious, health and educational activities and Zoom with distant family and friends. I'm extremely thankful my family members have thus far dodged Covid particularly my 98-year-old father, my in-laws who are in their upper 80s, an aunt who is 92 and my daughter, brother and niece who are healthcare providers.

I am immensely thankful for the tremendous amount of work our board members and volunteers have been doing behind the scenes to keep our organization running smoothly. They have kept up with all the administrative duties in addition to figuring out new ways to keep our members engaged and connected. Below you will read about our

upcoming virtual socials that are sure to be fun and interesting. I strongly encourage you to participate via your computer or phone.

We recently revived our ride share program for medical appointments only. This was a big decision for our board to make, but we feel confident we can provide safe encounters for our drivers and riders. All participating members have received safety training and guidelines. The drivers were provided non-touch thermometers, disinfectant wipes, and hand sanitizer for screening and disinfection. I appreciate everyone's effort to keep safety a priority.

Our membership has stayed steady throughout the year and we've even added a few members and volunteers. Because we couldn't provide our members transportation and in-person assistance throughout 2020, our board extended all memberships an extra year free of charge. I am thankful we are in good fiscal standing and could do this for our members.

Finally, I am grateful to be a part of this wonderful organization where we are doing our part to build a caring community for residents of The Woodlands.

I hope you have a very nice holiday season and have opportunities to visit with family and friends even if from a distance. I look forward to seeing you at our virtual social on December 16. I already know what my "show and tell" will be.

Best wishes,

Peggy Reinhold  
AIP-TW President

### **SHARE THE HOLIDAY SPIRIT ON WEDNESDAY EVENING DEC. 16, 7 P.M.**

What is the first thing you pull out every December to get you in a holiday mood? Is it that special ornament your grandchild made for you in kindergarten? A nutcracker you purchased at the famous Nuremberg Christmas Market? The menorah you brought



back from Jerusalem? Have it handy to show and to explain its origins during our Zoom social on Wednesday, December 16 at 7 p.m.

This is an after dinner event so cozy up to your fireside or another comfortable spot, pour yourself a drink and log in. Though it is optional, you are welcome to wear your Santa Claus hat, Christmas sweater or other holiday attire.

**Peggy Reinhold** will host the event and **Louise Sander** will channel that holiday spirit with a short medley of piano music. We will end the evening on a musical note as well. A

reminder and login details for accessing Zoom will be sent to your inbox or phone closer to the date.

### **MARK YOUR CALENDAR FOR UPCOMING MONTHLY SOCIALS**

Our Aging in Place – The Woodlands community meets the third Wednesday of every month to socialize online until it is safe to meet in person again. The Social Team met recently to plan events for the first six months of 2021. **Mark your calendar for the following dates (exact time to be announced): January 20, February 17, March 17, April 21, May 19, and June 16.**

Our socials are designed to help members get to know one another and to enjoy spending time together. Themes for next year's events range from sharing personal stories to a pet show and tell and a virtual garden tour. The focus in May will be on memories of mom in celebration of mother's day.

Monthly socials may be augmented with lunch and learn events to help us navigate health, fitness and other issues related to aging. **If you would like to share your ideas or volunteer to serve on the Social Team, please contact a call manager at 281-845-4441 or email aiptwtx@gmail. com.**

### **BOOK BUDDIES WILL MEET AGAIN JANUARY 25<sup>th</sup>**

Instead of meeting on ZOOM this month, **Helen Bostock**, who hosts Book Buddies, recommends taking a look at Danny Heitman's 'At Random' column in the Baton Rouge Advocate newspaper for books you can consider giving to others or even to yourself at this time of year. Heitman writes, "In an angry and anguished year, it sometimes seems that we've talked, tweeted and Facebooked the English language beyond recognition. But good books refresh our sense of what words can do...If you're lucky enough to receive a gift book this year, then you'll have the promise of another voice you can sit with for a while in a quiet corner." To access Heitman's article, click on the following link or cut and paste it in your browser:

[https://www.theadvocate.com/baton\\_rouge/entertainment\\_life/danny\\_heitman/article\\_a9c4bcc0-2ab1-11eb-ab3a-37eded2b3255.html?utm\\_medium=social&utm\\_source=email&utm\\_campaign=user-share](https://www.theadvocate.com/baton_rouge/entertainment_life/danny_heitman/article_a9c4bcc0-2ab1-11eb-ab3a-37eded2b3255.html?utm_medium=social&utm_source=email&utm_campaign=user-share)

During the January 25 Book Buddies ZOOM meeting we will talk about books you have found useful for starting a new year. For more information, contact Helen by phone at 281-419-0108 or email her at helenbostock@comcast.net.

### **DETERMINE YOUR RISK LEVEL FOR COVID-19**

Thanks to **Carey Yeager** for sending this handy chart for weighing your risk of acquiring Covid-19 while engaged in various activities.

## Activity Risk Level for COVID-19

Risk levels for the activities assume participants are following the recommended safe behaviors when possible, such as **maintaining social distance, wearing a mask, washing hands frequently, not hugging or shaking hands, and coughing or sneezing into tissue or elbow.** If not, each one of these activities is considered high risk.



LOW: Generally Safe			MODERATE: Use Caution			HIGH: Avoid if Possible		
1	2	3	4	5	6	7	8	9
Outdoor exercise	Gas	Grocery shopping	Walk in busy downtown	Job outside of home	Airplane travel	Wedding or funeral	Visit nursing home or hospital	Nightclub
Opening the mail	Camping	Library or museum	See doctor or dentist	Shopping mall	Salon or barbershop	Basketball or football	Buffet	Music concert
Takeout food from restaurant	Visit with friends (outdoors)	Golf	Overnight stay at a hotel	Public beach	Restaurant (indoors)	Go out with someone you don't know well	Religious service	Religious service with 500+ people
Tennis	Friend uses your bathroom	Walking, running, or bike riding with others	Restaurant (outdoors)	Public pool	School, camp or daycare		Amusement park	Indoor bar
	Playdates, older kids (ages 10+)		An hour at a playground	Backyard barbeque	Public transportation		Gym	Sports stadium
			Small outdoor picnic	Dinner at someone else's house	Bowling		Indoor party	
This chart may be reproduced with permission from BellAge. To request permission, send an email describing intended audience and use to <a href="mailto:info@bellage.org">info@bellage.org</a> .			Public restroom	Playdates, younger kids (age 9 and under)	Casino		Movie theater	
			Vacation with another family					

**Citations:** This chart combines activities from the Texas Medical Association, MLives, and the Information is Beautiful infographic, ranked using a scoring system of 1 (Least Risky) to 10 (Most Risky). Additional activities were added based on input from a professional review panel convened by BellAge, Inc. that used expert opinion and a similar ranking methodology.



*May this holiday season smile gently upon you and yours, and may the New Year bring you joy and health.*



Essential to building and sustaining thriving Villages

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Proud Member of  
the Village to Village  
Network**

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<https://aipwtx.clubexpress.com>.