



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

NEWSLETTER

SEPTEMBER 2021

PRESIDENT'S POST



The heat and humidity of summer have not really let up yet, but there's hope on the horizon. My husband, Herb, and I recently celebrated our 35th wedding anniversary in Breckenridge, Colorado. This was my first time in Colorado and I thoroughly enjoyed our visit. It is a beautiful state with the majestic, yet welcoming Rocky Mountains always in eyesight. The weather was outstanding with zero humidity. You know we loved that!

Back here at AIP-TW we are still cautious about meeting in person as the number of covid cases remains high in our community. When the covid numbers come down we will consider meeting in person and when the weather gets cooler we can meet outside. Please consider joining us for a Zoom session of Laughter Yoga which should be a blast! See details below.

Please remember we are driving members to appointments, stores and wherever else a ride is needed in The Woodlands. We are happy to be providing transportation again. We ask that drivers and riders maintain the safety protocols we've had in place since the pandemic started.

Finally, the U.S. Department of Health and Human Services (HHS) is prepared to offer booster shots for all Americans beginning the week of September 20 and starting 8 months after an individual's second dose. We encourage you to stay abreast of the latest news regarding covid booster shots and check with your primary care physician on whether you should get the booster. AIP-TW can help facilitate getting you an appointment for your booster shot as well as driving you to and from the appointment.

Stay well everyone! Peggy Reinhold

A handwritten signature in cursive script that reads "Peggy".

JOIN US FOR LAUGHTER YOGA ON SEPTEMBER 29 AT 2 P.M. VIA ZOOM

Laughter is the best medicine and yoga exercises benefit the mind and body in all sorts of ways. Combine the two and you have Laughter Yoga. Do it with a group and it is even more fun. In an abundance of caution during another spike in Covid-19 cases, our social team is hosting a virtual **Laughter Yoga session via Zoom on Wednesday, September 29 at 2 p.m.** with a yoga instructor.



Do you want to boost your immune system? Relax your muscles? Improve alertness? Lower blood pressure? Increase memory? Help oxygen flow to the brain? These are just some of the benefits your body experiences by releasing endorphins and lowering stress hormones while you laugh and practice yoga breathing techniques.

To log in click on the following link or enter the meeting ID and passcode:

<https://zoom.us/j/8223907298?pwd=MXJrdTRJNFA1TDNCaTZWOGdZYU5Hdz09>

Meeting ID: 822 390 7298 Passcode: 999777.

To use your phone to participate dial 1-346-248-7799. When prompted, enter the meeting ID number: **822 390 7298**, followed by #. When asked for the participant code, just press #. Finally, when prompted, enter the passcode **999777** followed by #. If you have any questions, email aiptwtx@gmail.com or talk to one of our volunteers at 281-845-4441.

KUDOS TO AIP-TW PRESIDENT



All superstition to the contrary, it was a lucky Friday the 13th of August for Peggy Reinhold, president of the AIP-TW Board of Directors. She received the I CARE award, the highest level of recognition from her colleagues at Houston Methodist The Woodlands Hospital. The award included the coveted gold badge that only 3 percent of Methodists' 27,000 employees are privileged to wear. She also received a certificate of appreciation, sash, a stunning floral bouquet, a cash award or 40 hours of paid time off, and a fajita dinner for four delivered to her home.

Peggy brings a quiet, low-key passion and commitment to everything she does. We marvel at how she excels in her demanding duties as a nurse and in addition spends

countless volunteer hours at the helm of our growing organization. From everyone in the AIP-TW community, congratulations, Peggy!

USEFUL TIPS ON AGING

Do you have a parent or aging loved one nearing the most fragile years of life? If so, you will be faced with making important decisions on how to address their needs while avoiding the medical and bureaucratic hassles that are often involved. AIP-TW member **Pat Ligon** recommends reading *The Fragile Years: Proven Strategies for the Care of Aging Loved Ones* by Amy Cameron O'Rourke. "I think the book helps to avoid difficulties we may not think of when making such important decisions," Pat says. The book is available from Amazon in paperback or on the Kindle app or check with your favorite bookstore.

ARTS IN THE PARK FEATURING SHAKESPEARE IN THE PARK

Saturday, September 25, pre-show music at 5:30 p.m. Performance at 6 p.m.

Enjoy a free performance of Shakespeare's *Othello* at Rob Fleming Park, 6055 Creekside Forest Drive in The Woodlands. Acclaimed Points North Theatre Company is staging the production. Pre-show music will be provided by The Woodlands Jazz Orchestra. Bring lawn chairs, grab a bite to eat at the food trucks. Open to audiences of all ages. Complete event details available at www.thewoodlandstownship-tx.gov/artsinthepark.

Believe you can and you're halfway there. *Theodore Roosevelt*



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