



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

**NEWSLETTER**

**JANUARY 2019**

**PRESIDENT'S POST**



Happy New Year! I hope you had a wonderful holiday season with family and friends. I traveled to beautiful, southwest Florida to visit my parents who will be turning 95 and 97 next month. They are aging in place in their own home with some help from my brother Harry who helps with things around the house and cooks delicious meals. My father still drives and he's actually a very good driver.

My parents have looked at many independent/assisted living developments. These are very beautiful and offer many amenities, but Mom and Dad love their home and are very comfortable in it. They are blessed with good health and a powerful spirit of independence, so they are forging ahead each day content in their favorite environment.

Given my personal connection with "aging in place" you can understand why I have a special interest in the mission of AIP-TW. It's great to see the same "can-do" attitude with our members at AIP-TW that my parents have. It's also fantastic that we have volunteers who provide our members with rides, help them with small tasks, and join them in social activities.

In our newsletter you will read about Pat Goodpastor, one of our newest volunteers who is certainly not new to The Woodlands. Pat has strong personal and professional ties to The Woodlands and we are thrilled she has joined our organization.

Many of us resolve to take a healthy approach to the new year, so it is fitting our social event this month will feature guest speaker, Hardeep Gill, M.D. who will speak to us about staying healthy as we age. We hope you can join us for this "Lunch and Learn" on Wednesday, January 16. (See details below on how to make a reservation.)

Additionally, I'm sure Dr. Gill will tell us it is important to stay engaged socially as we age, so please mark your calendars for February 13<sup>th</sup> and gather with us for a Valentine's Day luncheon at Sharon Heuer's home.

It is my hope in 2019 that more people in The Woodlands will join our caring community at AIP-TW. We are ready to welcome you and honored to be a part of your journey as you age in place.

Best wishes,  
Peggy Reinhold  
President, AIP-TW

### **JANUARY 16 LUNCH AND LEARN OPEN TO MEMBERS, FRIENDS AND NEIGHBORS**

Dr. Hardeep Gill, an internal medicine physician with a subspecialty in geriatric medicine, will talk about how to stay healthy as we age at Lunch and Learn on Wednesday, Jan. 16, in Medical Office Building (MOB) 1 at Houston Methodist The Woodlands Hospital. The event is scheduled from 11:30 a.m. to 1:30 p.m. **To reserve a seat and box lunch from Jason's Deli, call Peggy at 281-845-4441 or email [aiptwx@gmail.com](mailto:aiptwx@gmail.com).** The lunch costs \$10 and includes sandwich, chips, dessert, water bottle and tip. Peggy will tell you the options when you R.S.V.P.

**Meet in the lobby of Medical Office Building (MOB) 1, 17183 I-45, The Woodlands, TX., 77385. You may park in the lots or use the free valet service in front of MOB 1.** Tips are appreciated. Rides will be provided for AIP-TW members who need them.

### **MEET OUR NEW BOARD MEMBER, PAT GOODPASTOR**



Few residents of The Woodlands have been as actively involved in the community as Pat Goodpastor. As the newest member of AIP-TW's Board of Directors, her leadership and managerial skills will be invaluable as our membership continues to grow. She steps in as chair of our membership team and, in addition, is a call manager one or two mornings a week, and a volunteer driver in the rideshare program.

"Pat Goodpastor is someone you can rely on to get things done and for new ideas," says Bruce Cunningham, founding president of Aging in Place – The Woodlands, who has served on various boards and committees with Pat. "She also recognizes when an individual has problems and seeks to assist them in a quiet and refined manner."

Pat has lived in Grogan's Mill Village for 41 years and raised two children here. She has been on the GMV board since March 1996 and later served as its presidents for two years. Visitors to

the Woodlands Farmers Market can find her there most Saturdays welcoming shoppers for the GMVA Farmers Market Committee. She served six years on The Woodlands Community Association Board before The Woodlands became The Woodlands Township and was on the boards of The Woodlands Fire Department and Woodlands Community Service Corporation.

A graduate of Leadership Montgomery County, Pat holds bachelor's and master's degrees in nursing and retired from Memorial Hermann The Woodlands Hospital where she was Chief Nurse Executive for 21 years.

She is active in several organizations, including the Montgomery County Master Gardener Association, Moms Demand Action Spring/Woodlands, and the League of Women Voters. She enjoys gardening, travel, reading, theater and, most of all, spending time with her four grandchildren.

### UPCOMING EVENTS

Jan. 16, Wednesday, 11:30 a.m. to 1:30 p.m., monthly lunch with speaker. See details above.

Feb. 4, Monday, 5-7 p.m. Location TBD. Quarterly board meeting is open to members, but space is limited so please contact President Peggy Reinhold to let her know you would like to attend. Call her at 281-845-4441 or email [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com). **Members who would like to serve on the board or chair a committee are especially welcome.**

Feb. 13. Valentine's Day luncheon in private home. Details to come.

## HOLIDAY SOCIAL HOSTED AT COUNTRY CLUB



Many thanks to our president Peggy Reinhold and her husband, Herb, for hosting our December luncheon at The Woodlands Country Club Palmer Course clubhouse.

