



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

NEWSLETTER

OCTOBER 2018

PRESIDENT'S POST



What do you “see” when you notice an older person at the grocery store, church or a doctor’s office? Is your perception the person is slow, uninformed or sickly? Are you put off by outward signs of aging such as arthritic joints, decreased hearing, and wrinkled skin?

The best way to get past our perceptions of people is to get to know them as a person and not a classification. Older adults, like all people, should not be defined by outward appearances. They have decades of interesting life experiences they can share if we take the time to get to

know them and actively listen to their stories.

We can learn from their struggles and successes and become motivated to carry on our own personal and family legacies. Also, when you listen to these folks you are giving them the gift of recollection of happy, productive and adventurous times in their lives.

In our newsletter you will get a glimpse into the interesting life of Grace Hernandez, member AIP-TW, had as a young immigrant from Cuba. You will also find options for upcoming social activities including our October social at Falconwing Park in the Indian Springs Village. This is a great opportunity to share our stories in the peaceful setting of one of our beautiful parks in The Woodlands.

I encourage you to register for the Interfaith of The Woodlands Caregivers Conference on November 3rd on the Interfaith website.

<https://woodlandsinterfaith.org/event/caregivers-conference-11-2018/>

You will find information regarding the speakers, exhibitors and registration. If you have further questions about this event or need a ride please contact me at: 281-845-4441 or aiptwtx@gmail.com

Best wishes,
Peggy Reinhold - President, AIP-TW

JOIN US FOR A PICNIC IN THE PARK ON WEDNESDAY, OCT. 17



Some of us may feel we've been living in a rainforest, but we are hopeful the fall weather will be perfect for an outdoor picnic at Falconwing Park on Oct. 17, from 11:30 a.m. to 1:30 p.m. Members, guests, potential members and volunteers are invited. The social committee will provide pizza and beverages. If you would like to whip up a salad or dessert to share, please let Erika Pratt know when you make your reservation. If not, come anyway and enjoy forging new friendships. We will make sure there is plenty to eat and drink. Erika can be reached at 832-948-0264 or email ebpratt@yahoo.com.)

The park pavilion has picnic tables with benches, restrooms, good parking and easy access for walkers and wheelchairs. Rides will be provided for members who need them. The park is located at 10701 Falconwing Drive in Indian Springs Village.

MEET MEMBER GRACE HERNANDEZ



(Note: The newsletter regularly includes a short bio of a member or volunteer to help us get to know one another and to highlight the programs and services we offer.)

When Grace Hernandez was 15 years old, her father moved the family from Cuba to Tampa, Florida where he had a job with an American lumber company. She could not speak a word of English, but it didn't take her long to become perfectly bilingual. "Everyone was friendly and helpful," recalls the woman who is now a great-grandmother living in The Woodlands. The only trauma she remembers was being confused in a fire drill. "I

didn't know what was going on," she says, but her teachers and classmates guided her through it.

It is easy to picture others wanting to help the cheerful teenager who is now an ever-smiling, grateful older woman who relies on transportation from our volunteer drivers, people she refers to as "Mr. Ken" (Ken Dorland, founder and director of the AIP-TW rideshare service), Wendy, Erika and others. She walks to services and social events at Sts. Simon and Jude Catholic Church, a short distance from her apartment, but otherwise depends on volunteers to take her grocery shopping, to the mall and doctor's appointments.

In her early adulthood, she and her husband were part of the history of Ybor City, a brick-paved, historic neighborhood of Tampa that is now a National Historic Landmark District where visitors can tour factories that once rolled out hundreds of millions of cigars annually. Her husband was a factory supervisor and she worked there intermittently while raising two daughters.

UPCOMING EVENTS

Oct. 17 – Wednesday, 11:30 a.m. – 1:30 p.m. Picnic in the Park. See details above.

Oct. 27 – Saturday, Woodlands Octoberfest, Town Green Park. Tickets start at \$7.

Oct. 31 – Wednesday, 10 a.m. Senior Care Options. Academy of Lifelong Learning, Lone Star College Montgomery. Call 936-273-7446 for more information.

Nov. 3 – Saturday, 8:30 a.m. – 3 p.m. Interfaith of The Woodlands Caregivers Conference

LAST MONTH'S SOCIAL ENJOYED IN PRIVATE RESIDENCE



Members Louise and Gene Sander graciously invited members and guests to tour their newly remodeled home during a coffee morning in September. The renovations were designed to enable them to remain comfortably and safely in their home as they grow older. Everyone enjoyed their warm hospitality and a chance to chat with their contractor.

If you would like to host a coffee morning or luncheon in your home, please let AIP-TW President Peggy Reinhold know. She can be reached at 281-845-4441 or email aiptwtx@gmail.com.

We invite you or an acquaintance to join AIP-TW! We welcome those who need our services or wish to develop a network of friends and those who can volunteer in various roles. Please give us a call at 281-845-4441 or email us at aiptwtx@gmail.com to learn more about our organization. You can also visit our website at: aiptwtx.org



**We do not stop exercising
because we grow old,
we grow old because
we stop exercising.**

Dr. Kenneth Cooper