



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

**NEWSLETTER**

**SEPTEMBER 2020**

**PRESIDENT'S POST**



We are very blessed to live in The Woodlands, a fantastic place to call our Hometown. I have lived here for 24 years which is longer than I have lived anywhere else. Never did this Jersey girl ever think she would be living in Texas, but I couldn't be happier about the curveball life threw my husband, Herb, and me, 24 years ago. It is funny how that happens isn't it?

There are so many positive things I could mention about living in The Woodlands, but one thing for certain is that I have met many outstanding people. There are the true Texans who definitely personify southern hospitality. I immediately felt that southern warmth when we moved here, and I appreciate it as much today as I did then.

People in New Jersey tend to stay in New Jersey. They love the Garden State and there are many things to love such as the beautiful beaches (we call it the shore), gorgeous mountains and surrounding lakes, and the best bakeries, pizzerias, and delicatessens. However, what they can miss out on is moving somewhere different and learning firsthand about a new way of life, traditions, and foods.

When we moved here I met people from many other states and countries. The oil and gas industry brings people from around the country and world to Texas, but many claim their stake in the Lonestar State for the warm weather, great cost of living and the best barbeque anywhere. Meeting and getting to know such a diverse group of people has certainly enriched my life.

AIP-TW is a wonderful organization with exceptional and diverse members. All are drawn to AIP-TW because they are forward thinking, compassionate people with a can-do attitude. We live in a community with many resources, but thanks to our organizational founders we are providing necessary services and engaging activities for older adults.

Below you will read about an opportunity to connect with others regarding Houston and Texas history. I thank Helen Bostock for hosting this interesting Zoom meeting. I'm sure there will be some fascinating stories shared. I also encourage you to make some time for positive thoughts and behaviors as described in the article about the Danes.

Just thinking about these activities and our talented and engaging members makes me feel so much better. I hope you do as well.



Finally, I'd like to share this photo of my dad, 98-year-old John Murphy, cheering on the Fighting Irish of Notre Dame during their first game of the season.

**I am sure your AIP-TW friends would love to see a photo of you cheering on your favorite team or participating in a favorite hobby at home. Email photos to [aiptwtx@gmail.com](mailto:aiptwtx@gmail.com)**

Peggy Reinhold

President, AIP-TW



## CONQUER CABIN FEVER THE DANISH WAY



Nothing has prepared us for being thrown into the path of a pandemic, advised to shelter in place for months on end. Maybe it's time for a little hygge (pronounced hoo-gah), the art of living the good life as practiced by the Danes.

Danes regularly top polls of the world's most contented people. New research indicates it might be partly genetic, but even if you don't have Danish DNA you can adapt the Danish mindset that engenders coziness, comfort, conviviality, and contentment.

The first step is to create a relaxing environment where you can curl up in your favorite armchair, turn off your phone, ignore social media, forget the pandemic, and quit obsessing on politics or world news. Wear comfortable clothes. Meditate, reminisce, listen to soothing music, or read a book. Nurture some house plants; soften or simplify your home décor. Light some candles. Enjoy a bit of self-indulgent comfort food. (Danish pastry and mug of hot cocoa, anyone?) Focus on creating joy and contentment in your everyday life. Be kind to yourself and those around you. In a word, become quiescent, temporarily free of worries and activity, rested, and yes, even a little self-indulgent.

And while we are talking all things Danish, Netflix is now streaming the critically acclaimed political drama *Borgen*. The series follows the intricate and complicated lives of the politicians, media spinners and reporters who feed off their triumphs and failures. 'Borgen' (the Castle) is the nickname for Denmark's parliamentary building. The series might be a nice escape from what is going on in U.S. politics.



**Love. Grow. Serve.**

Don't give up on this year.  
Keep showing grace.  
Keep fighting for the good.  
Keep showing up.  
Keep loving.  
Keep giving back.  
Keep being kind.  
Keep being brave.

Keep caring.  
Keep trying new things.  
Keep showing grace.  
Keep on.  
This world needs you to believe in the good.  
*Rachel Marie Martin*



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