



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

NEWSLETTER

MARCH 2019



PRESIDENT'S POST

Who is ready for spring? I know I am ready to say goodbye to gray skies and yellow pollen and say, "hello sunshine"! Let's celebrate springtime together at our luncheon on March 20th. See details below.

In my January President's Post, I mentioned my parents are aging in place in their home in southwest Florida. I just visited them and helped celebrate their 95th and 97th birthdays. I know I am biased, but most others agree they are truly amazing people.

On this visit, I noticed my mother is starting to decline. She is still able to take care of herself, but she gets very fatigued. We are now looking into some options to provide her some

assistance. There are many things to consider such as: What kind of help and who should provide it? Does their long term care policy cover such care, or do they pay out of pocket? How will they transition from just a little help to eventually needing more help?

Coming up with solutions to these issues isn't easy. My brothers and I can think of some feasible options, but my parents are reluctant. They don't want to go to an assisted living facility and they're not too keen on having help come to their home. Meanwhile, my brother who helps them is experiencing caregiver burnout. Our family situation sounds like many others I hear about from friends and read about in journals and magazines.

I strongly recommend families have honest and thoughtful conversations about loved ones who are aging in place. I support senior adults who want to age in place as there are many advantages to that lifestyle. On the other hand, these same independent and capable people must also have a plan for when they are no longer able to function independently.

AIP-TW keeps a database of resources for AIP-TW members. If you have questions about home care assistance, community resources, Medicare or other related topics please reach out to us and we will assist you. Give us a call at 281-845-4441 or email aiptwtx.org.

Finally, Interfaith of The Woodlands Caregivers Conference is coming up soon. The event is May 4, 8:30 a.m. – 3:00 p.m., at Christ Church United Methodist, 6363 Research Forest Drive. This informative conference features various speakers, workshops, and exhibits. A complimentary continental breakfast and lunch are served as well as free respite care (adult day care). I highly recommend taking advantage of this event to learn more about community resources, financial and legal topics and even something fun like “Laughter Yoga.” You can register online at <https://woodlandsinterfaith.org/event/caregivers-conference-2/>
I wish you and your loved ones a happy spring!

Best wishes,
Peggy Reinhold
President, AIP-TW

CELEBRATE FIRST DAY OF SPRING AT LUNCH ON MARCH 20



Let's say goodbye to winter and welcome the spring equinox at our monthly lunch on Wednesday, March 20, 11:30 a.m., at Johnny's Italian Steakhouse. Johnny's is located at 19333 David Memorial Drive in Shenandoah. Check out the menu and location on their website at johnnysitaliansteakhouse.com. Please RSVP to Aging in Place: aiptwtx@gmail.com or call 281-845-4441. Bring your friends and neighbors. Potential members welcome. Let us know if you need transportation.

HERB REINHOLD TAKES TREASURER'S SPOT ON EXECUTIVE COMMITTEE



Herb Reinhold, AIP-TW's newly-elected treasurer hardly needs an introduction. He is a familiar presence at our monthly luncheons and has worked quietly behind the scenes to keep our organization running smoothly. His wife, Peggy, is AIP-TW president.

It is hard to imagine how Herb and Peggy fit so much into their busy lives while maintaining two demanding careers, yet they seem to do it effortlessly. Herb grew up in northern New Jersey and went to college and grad school in Maryland, where he studied chemistry and mechanical engineering. After completing his education, he lived in Annapolis for 15 years, met and married Peggy.

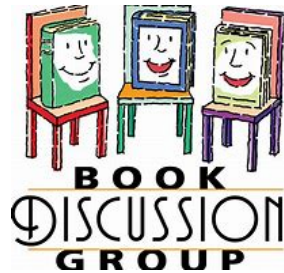
Peggy and Herb's first date was spent clearing 2-foot-tall weeds and repairing broken windows in a condemned house in Baltimore. They gutted and renovated two houses in Maryland. Shortly after they were born, both their children, Ted, 31, and Stephanie, 29, came home from the hospital to houses under various stages of construction.

While in Maryland, Herb cofounded a company that manufactured process equipment. In 1996 the company relocated to Houston. He later cofounded a second company that builds and operates unattended natural gas and helium plants in remote areas of the United States. He holds numerous patents related to this technology. He has spent a good deal of time in far-flung plains and deserts where the plants are located.

While Ted and Stephanie were growing up, Herb was actively involved in many of their activities. He was a den leader, roller hockey coach, scout pack treasurer and sailing crew leader. Water sports has always been one of his passions. In Maryland he sailed around Chesapeake Bay and the Atlantic Ocean. He now boats, kayaks, and paddle boards on Lake Conroe.

Herb greatly enjoys meeting and learning about the lives of people he meets through Aging in Place. "Everyone I have met in Aging in Place has an interesting and diverse life's story." The same can be said of him, though he tends to be modestly lowkey about his remarkable accomplishments.

PLANS UNDERWAY TO START BOOK CLUB



For those who enjoy reading books, there is nothing like the camaraderie and mental stimulation of a book club. With that in mind, AIP-TW's Social Team invites anyone interested to call or email us with your suggestions on books to read and where and when you'd like to meet. Share your thoughts on this inaugural venture by phoning our volunteer call manager at 281-845-4441, or email aiptwtx@gmail.com.

UPCOMING EVENTS

March 20, Wednesday, 11:30 a.m., lunch at Johnny's Italian Steakhouse. (See above for details.)

KUDOS TO OUR VOLUNTEER DRIVERS



Just in time for Valentine's Day, we showed our love for 12 volunteer drivers during our monthly social on March 13. Shown holding Certificates of Appreciation are **Ken Dorland**, team leader of the rideshare program, and **Sharon Heuer** who hosted the event in her home.

Colin MacRae, who provided 80 rides totaling 1,054 miles last year, received the championship shout-out for his dedication to the program. Ken Dorland drove nearly a thousand miles and the annual total for everyone was 443 rides over 4,776 miles.

Others honored were **Sara Bissig, Pat Goodpastor, Georgann Hinton, Wendy Lyons, Margo Pearson, Erika Pratt, Herb Reinhold, Peggy Reinhold and Marsha Vienneau**. **Sue Griffis**, who joined the team of drivers in January this year is our newest volunteer driver.

"As Transportation Director for AIP-TW, it has been my good fortune to have the finest group of volunteer drivers to be found anywhere," Dorland said. "These are the most selfless, dependable and cheerful people you will ever meet." Everyone agrees, especially those who rely on our volunteers to take them to doctor appointments, shopping, social events and other places in The Woodlands.

If you would like to become a rideshare driver, or are someone who needs transportation, please call 281-845-4441 or email aiptwtx@gmail.com.

