



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

NEWSLETTER

JANUARY 2021

PRESIDENT'S POST



Happy New Year! I hope everyone enjoyed the holiday season. My husband, Herb, and I celebrated Christmas by ourselves, but we thoroughly enjoyed several Zooms with our children and family members. At one point, we realized this was the first time in our 34 years of marriage we did not travel for Christmas. Guess what? It was great! No offense to our families, but without all the hassles of traveling we were able to keep things simple, to relax and enjoy the season.

Often, at the start of a new year we reflect on the past year and look ahead to what we may do differently in the upcoming months. We make lists of resolutions and goals. With all the downtime we've had due to the coronavirus I'm sure many of us already did a fair amount of self-reflection during

2020. I'm guessing everyone's number one goal this year is to get the Covid-19 vaccination as soon as possible.

As a medical professional, I have already received my first of dose of the Moderna vaccine. In a couple of weeks I will have my second vaccination. To say I am thrilled is an understatement. When you receive your vaccine in the near future you will feel this same sense of security and hope that I have.

Many people have been asking me how they can get the vaccine. I'm sure by now you have made many calls to hospitals, doctors' offices, and pharmacies. Texas is using a tiered approach for vaccinations. People in Phase 1a and 1b are eligible for the vaccine now, but you need to locate a distribution site. If you are affiliated with a local hospital system you may be able to receive the vaccine there.

Hospitals and pharmacies receive periodic deliveries of the vaccine. They can't vaccinate everyone at once even those who meet the current vaccination criteria. As these facilities use up their allotments they will be provided even more doses with the next shipment. I can fully appreciate everyone's anxiety and stress trying to figure out when and where you can get your vaccine. I am going through the same thing with my almost 99-year-old father in Florida. I have been spoiled with the excellent roll out of the vaccination program at my healthcare system and I'm disappointed that his healthcare system has not implemented a satisfactory plan.

My advice to you (and myself) during this waiting period is "hang in there". We have safely made it through the past 11 months. Keep performing the same safety precautions that you are now expert at and do not let your guard down. You will get your vaccine soon. **If you need a ride to a local distribution center please give us a call at 281-845-4441 and a volunteer driver will be more than happy to transport you.** Also, we ask that riders and drivers maintain the safety protocols we have in place even if you have received the vaccine.

I look forward to seeing you at our Zoom social on January 20. You are such a fantastic group of people, so I know we will have lots of positive stories to share.

Best wishes,



Peggy Reinhold
President, AIP-TW

SHARE YOUR PREDICTIONS FOR 2021 ON JANUARY 20 AT EVENING SOCIAL



None of us has a crystal ball, but hop on to Zoom on Wednesday, January 20 at 7 p.m. for an after-dinner social to tell us what you are looking forward to this year. **Vicki Bradley** and **Margo Pearson** will host.

Each participant will have three minutes to share two things about themselves. First, tell everyone about something positive in your life right now; something that is making you happy and grateful. Follow up with something you are looking forward to in 2021. You are welcome to show somethings related to these topics. Login details will be sent to your inbox or phone closer to the date.

Although most of us have reached an age when we are downsizing New Year's resolutions, we hope you will add our monthly "Third Wednesday" social to your list. If

you are having Zoom fatigue after months of social distancing, think of its advantages: there is room for all of us, comfy chairs, no traffic or parking hassle, drinks are on the house. We will resume in-person socials as soon as health officials give us the go-ahead, though we may add a Zoom event now and then.

MARK YOUR CALENDAR FOR UPCOMING MONTHLY SOCIALS

Our Aging in Place – The Woodlands community meets the third Wednesday of every month to socialize online until it is safe to meet in person again. The Social Team met recently to plan events for the first six months of 2021. **Mark your calendar for the following dates (exact time to be announced): January 20, February 17, March 17, April 21, May 19, and June 16.**

Our socials are designed to help members get to know one another and to enjoy spending time together. Themes for next year's events range from sharing personal stories to a pet show and tell and a virtual garden tour. The focus in May will be on memories of mom in celebration of mother's day.

Monthly socials may be augmented with lunch and learn events to help us navigate health, fitness and other issues related to aging. **If you would like to share your ideas or volunteer to serve on the Social Team, please contact a call manager at 281-845-4441 or email aiptwtx@gmail.com.**

BOOK BUDDIES ZOOM CHAT IS JANUARY 25 at 3 P.M.



This is the time of year when we start anew with good intentions and resolutions that we plan to follow for the new year. There are many books available to help us make that plan. Do you have a favorite book that you find useful to help you plan for the year ahead? If so, tell us about that book and why you find it helpful.

We will also talk about books you have resolved to read in 2021. To start that part of our discussion, the book I've resolved to read for 2021 is: *The Art of the Wasted Day* by Patricia Hampl, a humorous take with the subtitle: *Finding a Rich Life by Looking Out the Window*. Another Book Buddy who likes to keep in shape is poised to read *Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding*, by paleoanthropologist Daniel Lieberman.

Looking forward to seeing you via ZOOM on Monday, January 25, at 3 p.m. to start the new year talking about books with the Book Buddies. A reminder will be sent to you with the ZOOM login and passcode details. For more information, contact Book Buddies host **Helen Bostock** by email at helenbostock@comcast.net, or text and mobile: 713-992-9505.

QUARTERLY BOARD MEETING IS MONDAY, FEBRUARY 8 VIA ZOOM

Board meetings are open to all members, especially if you are looking for ways to volunteer in organizational management or programs. The next one is Monday, February 8, from 5 p.m. to 6 p.m. via Zoom. Contact our virtual office and ask for login information. Call 281-845-4441, or email aiptwtx@gmail.com.

"The bad news is time flies. The good news is you're the pilot."
--Michael Altshuler



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