



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

NEWSLETTER

APRIL 2022

PRESIDENT'S POST



Spring is here, at last, and Easter just a week away. A busy time of year with tax returns, garden maintenance and a return to a more normal life.

Talking of a cautious return to 'normal,' I would like to thank **Bruce Cunningham** for arranging our first in-person luncheon for quite some time. It was a wonderful opportunity to meet new people and have social time with my Zoom buddies.

Bruce and his team are organizing an April social at The Woodlands Farmers Market on Saturday, April 16. See details below.

Former AIP-TW president **Peggy Reinhold** has given us a heads up on a Zoom presentation on colon cancer prevention by experts at Houston Methodist The Woodlands Hospital on **Thursday, April 28 from noon to 1 p.m.** It is a particularly important topic to people in our age group. Peggy is a nurse at Methodist and works with one of the panelists, oncologist Dr. Mohamad Khalil. Gastroenterologist Dr. Abdul Khan is also on the panel. To register for this event please visit houstonmethodist.org/events or contact Lindsey Pimentel at lpimentel@houstonmethodist.org.

To bring you up to date on board activities, we have been researching how we can upgrade our website to be more user friendly. It has been a journey of discovery for me being new to this role and the board. **Anne Golden** has volunteered to lead this effort. Other volunteers working with Anne and me to determine the best approach are **Jennifer Robinson, Bruce Cunningham, and Kitty Means**. Once we have board approval for the changes and any expenses involved, we will be recruiting more volunteers and the support of team leaders to implement the changes. Thankfully, we can learn from similar organizations and use available templates from Club Express.

Bob Evans, our newest Board member, has been researching complementary services that are available in our community that may be of use to our members. Our goal is to leverage, rather than duplicate, services needed to age successfully in our own homes. **Vicki Bradley**, who has

a doctorate in sociocultural anthropology, is a great help with this initiative. She is always willing to share her knowledge, experience and research.

In closing, I would like to give you a little tip based on personal experience. Think hard before tearing out your kitchen for a 'do up' in times of supply chain issues. The usual project planning does not work particularly well. I am looking forward to each of us sharing our experiences that can provide some advice, if not a good laugh.

Wishing you a Happy Easter.

Best wishes

Robyn

JOIN US APRIL 16 FOR A TOUR OF THE WOODLANDS FARMER'S MARKET

Now that spring has arrived, the time is ripe for a visit to The Woodlands Farmer's Market, an excursion previously postponed when the weather didn't cooperate. Put on your walking shoes, invite your friends and neighbors, and join us on **Saturday, April 16 at 10:30 a.m.** at the information booth located opposite the live music venue. No need to sign up. Just show up.



AIP-TW members **Bruce Cunningham** and **Sara Bissig** will lead a tour of the market, introducing us to vendors selling fresh produce, meat, eggs, honey, breads, pastries, empanadas, tacos and more edible goodies to enjoy for an Easter brunch

or other occasion. Craft vendors offer an array of jewelry, handbags, clothing, candles, soaps and other unique items you won't find elsewhere. Everything at the market is grown or made locally.

Bruce and **Pat Goodpastor**, also an AIP-TW member, founded the market 14 years ago with 14 vendors; it now averages more than 60. **Aaron Hoffstadter** and **Kelly Lewis**, who manage the market, will take us behind the scenes to explain how the market is staged each week. As a special treat, we will each receive two dollars in market cash, enough to have a cup of coffee while enjoying live music by vocalist Aimee Stuart of Music Memories With Aimee. Chick 'n Cone food truck will be selling its famous chicken and waffle cones and other specialties.

The Farmer's Market is located in the Grogan's Mill Village shopping center at 7 Switchbud Place. It is operated by the Grogan's Mill Village Association, a major donor to AIP-TW. Profits from the Farmer's Market vendor fees support GMVA's philanthropic and charitable contributions to local schools, scholarships and community programs like ours.

If you need a ride, please give us a call at 281-845-4441 or email aiptwtx@gmail.com. Long-term weather forecasts predict a delightful spring morning, but if it should rain the event will be cancelled.



NEXT BOARD MEETING IS THURSDAY, APRIL 21 AT 3 P.M.

Board meetings are open to all members and volunteers. They will be held online on the third Thursday of every other month at 3 p.m. via Zoom.

Dates for upcoming board meetings are April 21, June 16, Aug. 18, Oct. 20 and Dec. 15.

To join the Zoom meetings click on the following link or enter the meeting

ID and passcode:

<https://us06web.zoom.us/j/89604541956?pwd=Q2xSNmF4Zm53V29FSGhEd044WWYvZz09>

Meeting ID: 896 0454 1956 Passcode: 774449

FIRST IN-PERSON SOCIAL IN TWO YEARS WAS WELCOMED CHANGE FROM ZOOMING



Good food and lively conversations in a private dining room at Tommy Bahama restaurant on March 22 marked our first in-person luncheon since social distancing became the norm more than two years ago. It was a chance for many of us to personally welcome **Robyn West**, who began her term as president of the board of directors this year.

Despite tornado warnings in the middle of the previous night the weather cleared up and 22 members and guests ventured out. There was plenty of table hopping as people renewed friendships and met soon-to-be new friends.



WEBSITE OFFERS INFORMATION ON COVID TESTS AND TREATMENT AVAILABILITY



With an uptick in Covid cases driven by the BA.2 subvariant of Omicron, the federal government has launched an online one-stop center where you can quickly find information on Covid vaccines, test, treatments, and masks. The site, [Covid.gov](https://www.covid.gov), also lists nearby pharmacies and community health centers where tests and treatments are available.

Get tested if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with Covid. Vulnerable people, including the elderly, should talk to a doctor as soon as they test positive for Covid and seek treatments that can reduce its severity.

If you need help with accessing or navigating the site please call 281-845-4441 or send an email to aiptwtx@gmail.com so we can connect you to a tech savvy volunteer.

“April hath put a spirit of youth in everything.” William Shakespeare



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