

REMINDER: Newsletter Fees were due in January!
See Page 4 for ways to pay.

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Your Board of Directors

LOAFERS, Inc. is incorporated as a not-for-profit 501(c)3.

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LOAF NEWSLETTER

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Issue: No. #2022-03

March 2022

March Calendar

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Thursday, March 10.....Board of Directors Meeting6:00 pm**
 Online Via Zoom
- Sunday, March 12..... Monthly Social.....2:00 pm**
 Del Mar Bowling
- Sunday, March 20.....Meet and Greet2:00 pm**
 Hybrid Zoom / Montrose Center
- Sunday, March 20.....Newsletter Deadline COB**

ActiveLOAFers

Let's all take a hike!

We will meet at Memorial Park Jim McConn Memorial Softball Field (also known as Field No. 1/Fastpitch field) in the **free** parking lot at 8:45 am so we can start walking promptly at 9:00 am. Details are:

*Memorial Park 3 Mile Walk
 Saturday, 3/27/22, 8:45 am*



The pace for the main group will average between 18 and 22 minutes per mile. For those of us with bad knees/back/etc., there will also be a smaller group that will walk that loop a bit slower. We will try to stay in a group (depending on the number of people) so we can get to know each other, but we will stay of aware of those that need to move at a slower or faster pace. We will try to find a point person for the slower group of walkers (23 - 27 minutes per mile). Please click this link to [Sign-Up](#) to receive follow-up communications about this activity.

March Birthdays

06	Danita Cole
06	Karen Evans
07	Diana Reina
09	Suzanne Bovee Cowden
13	Jean Gill
18	Pat McKenzie
22	Jo Crane
25	Gladys Deering
26	Brenda Flewellen
30	Kris McGarvey

In Memoriam - March

2016	Kanti Campagna
2007	Travis Garrett
2015	B.A. Jaetzold
2013	Mickey Miller
2020	Carolyn Penney
2013	Myrna Sherill
2007	Minta Tidwell

Correction: Last month's Headings mistakenly said January. Those listed for Birthday/Memoriam were correct for February.

Thoughts and Prayers

Please keep the following LOAF members in mind. A card, email or phone call is always welcomed.

- Good thoughts & prayers for Arden Eversmeyer in her on going recovery from hip surgery.
- LOAF member Karen Green passed away after a long illness. Condolences to her partner Melanie Nau.
- Please keep Cindy Cecere-O'Bannion in your prayers. She had back surgery on December 8th and could use our good thoughts and well wishes.
- Condolences to Brenda Krueger.
- Susan Fronck (she is house bound) 713-861-8427 4010 Feagan Street, #2, Houston, TX 77007.
- Judy Woods is doing well and recovering from back surgery. Healing prayers appreciated
- Susan Brown had knee surgery January 5th and would appreciate prayers for a speedy recovery.
- Prayers for healing and recovery for Jo Boardman who had severe complications from knee surgery last September. She will need another knee surgery.
- Deborah Bradford is requesting affirming prayers for her fiancée Jan Mann, who is making rounds to doctors to discover the cause and solutions for her current condition.

If you would like to be added to this list or know of someone who should be either added or removed from this list, please send an email to loafhoustontx@gmail.com.

Socials

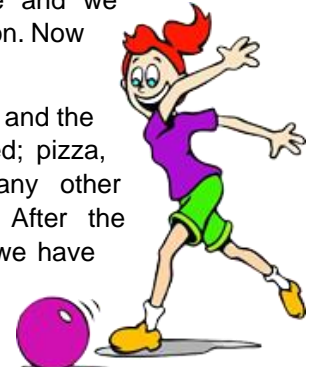
March 12th, 1:00 pm: LOAF Bowls



Join us at Delmar Lanes, 3020 Mangum Rd, Houston, TX 77092, on March 12th from 1-3 pm to bowl a few games and have a little social interaction. This activity is always a good time and we

usually have great participation. Now that is what I'm talking about!

LOAF will pay for the bowling and the shoes. Snacks will be served; pizza, appetizers, and drinks - any other expenses are up to you. After the bowling is wrapped up and we have worked up a bigger appetite, those that are interested are invited to join us around the corner at Los Cucos to grab a late lunch.



Because this event is sponsored by our John Steven Kellett Foundation, Inc. grant, it is open to LOAF Members Only. Non members are welcome to join us on a self-pay basis.

Note: As of the time of this publication **FACE MASKS ARE RECOMMENDED AT DELMAR LANES** and your temperature will be taken at a kiosk when you walk in.

All LOAF "Social" events are made possible by our John Steven Kellett Foundation, Inc. grant.

April 23rd, 11:30 am: Picnic in the Park



It's SPRING!! The plants are blooming, the air is clear! Join LOAF on April 23rd for a day at Memorial Park.

This year we have the opportunity for a walk in the morning at 9:30 with the newly formed **ActiveLOAFers** group. We will meet at Memorial Park somewhere on Picnic Lane (see Picnic Area at the link below) in the location where the picnic will be later that morning. Just drive around until you find the rainbows. We will meet at 9:45 am and begin walking at 10 am sharp. We will walk 2 - 3 miles and meet back for the picnic at 11:30 am. We will have a medium/fast group (pace average 18 to 22 minutes per mile) and a slower group of walkers (23 - 27 minutes per mile). Please sign up so we can stay in contact on the day of the walk. Please click this link to [Sign-Up](#) to receive follow-up communications about this activity

Lunch will be at 11:30, Sandwiches, chips, and cookies will be provided. Water will be available, but feel free to bring a different beverage if you prefer Last year was so much fun! Hope to see you there!

Past Social

February: Sudies Luncheon



We had a nice showing of 24 people on February 12th at Sudie's in Pasadena. We were in the back room with another group of ladies from a local church. The women definitely outweighed the men at this establishment on this day!! We chatted, laughed, ate and shared for a couple of hours.



DEADLINE

April newsletter articles are due by March 20th.

Welcome New Members!

Joan Lamare
Ann Molinaro
Betty Stewart



About LOAF

LOAF is a social networking and support group for lesbians fifty (50 years of age and older, and their partners, whatever their age). LOAF is incorporated without a formal membership, so we do not have dues, but instead request contributions. This allows us to avoid submitting membership rolls to the State. This money is then used to cover the cost of the newsletter, website, supplies for some of the socials, etc. **Contributions are \$30 per single and \$45 per couple.**

Please Zelle contributions from your bank to loafhoustontx@gmail.com or mail contributions to

- LOAF
PO BOX 7207
Houston, TX 77248-7207

Contributions will be prorated. All participants are to renew their membership in January of each year. A lapse of 3 months will prevent individual distribution of the newsletter. We offer a trial period for distribution of the newsletter to interested prospective members for 3 months. If, after the trial period has expired, the prospective member has not become a member, distribution will be discontinued.

Any woman experiencing financial hardship may participate on scholarship, free of charge. Scholarships are confidential. Contact any officer on the Board of Directors.

The newsletter team welcomes input for publication, i.e., articles of interest, poetry, etc. Please contact any Board member or email your submission to loafhoustontx@gmail.com.

Open Invitation

LOAF BOD meetings are currently being held via Zoom on the 2nd Thursday of the month. They are always open to the membership. If you would like to attend, please email your request to loafhoustontx@gmail.com.

Meet-n-Greets:

March 20th, 2:00 pm: Chair Yoga



The March 20th Meet & Greet at the Montrose Center will include a hands-on participation of Chair Yoga by our very own Deborah Bradford. She has graciously

volunteered to demonstrate moves that can help us work and stretch our muscles. It is an amazing way to exercise with a limited range of motion. Yoga cultivates a mind-body connection, combining stretching and strengthening postures with deep breathing and relaxation.

Standard COVID protocols will be followed. All Indoor activities will practice social distancing and have antibacterial gels available. Just don't forget your masks!

April 17th, 2:00 pm: Easter Game Day



On Sunday, April 17th, LOAF will hold a "game day" at the Montrose Civic Center. Included in this special will be an Easter bonnets contest -- with prizes. Light snacks

will be served. We hope to see you there.

May 15th, 2:00 pm: Understanding Alzheimer's & Dementia



Due to scheduling and no in person presentations by the organization at this time this has been changed to May. 15th Meet & Greet at the Montrose Center .

Alzheimer's is a global crisis and you likely are hearing more and more about it in your personal lives and on the news. Worldwide, 50 million people are living with Alzheimer's and other dementias. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. Join us to discuss each of these topics:

- The impact of Alzheimer's;
- The difference between Alzheimer's and dementia;
- Alzheimer's disease stages and risk factors;
- Current research and treatments available to address some symptoms and delay decline; and
- Alzheimer's Association resources.

Learn the benefits of early diagnosis and how you can join the fight to end Alzheimer's.

For those who are uncomfortable in an indoor social situation we will also Zoom the presentation. Please email us at loafhoustontx@gmail.com for the link.

See Page 8 for a flyer explaining more.

Favorite Recipes

Spaghetti Squash Burrito Bowls (contributed by Janis Smith)

This spaghetti squash burrito bowl recipe is easy to make and so good for you, too! These beautiful vegetarian burrito bowls are also vegan and gluten free, but above all, delicious. Recipe yields 4 burrito bowls

Ingredients

- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- Cabbage and black bean slaw
- 2 cups purple cabbage, thinly sliced and roughly chopped into 2-inch long pieces
- 1 can (15 ounces) black beans, rinsed and drained
- 1 red bell pepper, chopped



Avocado salsa verde

- 3/4 cup mild salsa verde, either homemade or store-bought
- 1 ripe avocado, diced
- 1/3 cup fresh cilantro (a few stems are ok)
- 1 tablespoon fresh lime juice
- 1 medium garlic clove, roughly chopped
- Optional garnishes: chopped fresh cilantro, crumbled feta and/or seasoned toasted pepitas (not shown)

INSTRUCTIONS

1. To roast the spaghetti squash: Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper for easy clean-up. On the baking sheet, drizzle the halved spaghetti squash with olive oil. Rub the olive oil all over each of the halves, adding more if necessary.
2. Sprinkle the insides of the squash with freshly ground black pepper and salt. Turn them over so the insides are facing down. Roast for 40 to 60 minutes, until the flesh is easily pierced through with a fork.
3. Meanwhile, to assemble the slaw: In a medium mixing bowl, combine the cabbage, black beans, bell pepper, green onion, cilantro, lime juice, olive oil and salt. Toss to combine and set aside to marinate.
4. To make the salsa verde: In the bowl of a blender or food processor, combine the avocado, salsa verde,

cilantro, lime juice and garlic. Blend until smooth, pausing to scrape down the sides as necessary.

5. To assemble, first use a fork to separate and fluff up the flesh of the spaghetti squash. Then divide the slaw into each of the spaghetti squash "bowls," and add a big dollop of avocado salsa verde. Finish the bowls with another sprinkle of pepper, cilantro and optional crumbled feta or pepitas.

Recipe from Cookie and

Kate: <https://cookieandkate.com/spaghetti-squash-burrito-bowl-recipe/>

Past Meet-n-Greet

February: Self Defense



We had a very small attendance for the February Meet -n-Greet, however it still had some very good information on self-defense and discussion with the few who were able to be there. Leslie Bonnie visited with us and even showed us some moves on how to get away from someone trying to abduct you. She reminded us that being aware of your surroundings and walking confidently and with purpose can keep you from being a target; avoiding dark & secluded areas, perhaps carrying pepper spray, and knowing a few basic self-defense moves may save your life. Keep in mind that if someone is willing to approach you to take you it may be imperative that you fight for your life. They are less likely to achieve their goal if you show them you are not an easy victim. We will have Leslie back to speak again. Please consider joining us for this very important subject.

Future Social



Forget this cold winter weather and dream of the warmth of Spring! Details will be coming soon for an upcoming Pool Party Social, possibly the end of May! Stay tuned for more information soon!

Newsletter Edits

If you have a correction or addition for our newsletter, please send an email to loafhouston.tx@gmail.com.

Fall prevention: Simple tips to prevent falls

Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures, from reviewing your medications to hazard-proofing your home.

[By Mayo Clinic Staff](#)

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies.

1. Make an appointment with your health care provider

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

- **Your medications.** Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your health care provider may consider weaning you off medications that make you tired or affect your thinking, such as sedatives, antihistamines and some types of antidepressants.
- **Any previous falls.** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your health care provider identify specific fall prevention strategies.
- **Your health conditions.** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well.

2. Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

3. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

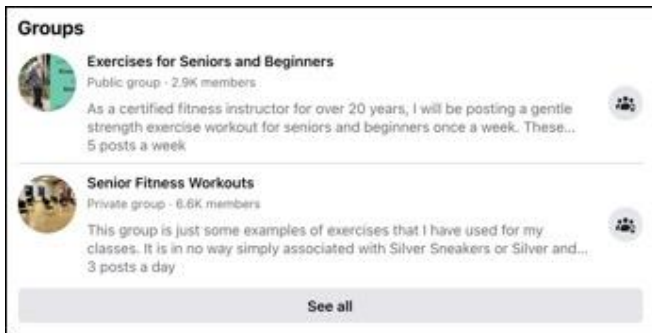
How to Use Social Media to Stay Healthier This Year

When social media first started, many thought it was just a “trend.” But as technology has evolved, social media has only gotten bigger. Now, people are finding new ways to connect online. You can now see your grandkids on TikTok, watch a concert on Facebook and buy event tickets from Instagram. There are so many ways digital and social media have impacted our lives — including working out! Nowadays, if you want to stay fit and healthy, but aren’t sure about going to a fitness center, you can stream workouts online. If you’re not sure where to begin, we have the 411 on social channels to get you started.

Facebook

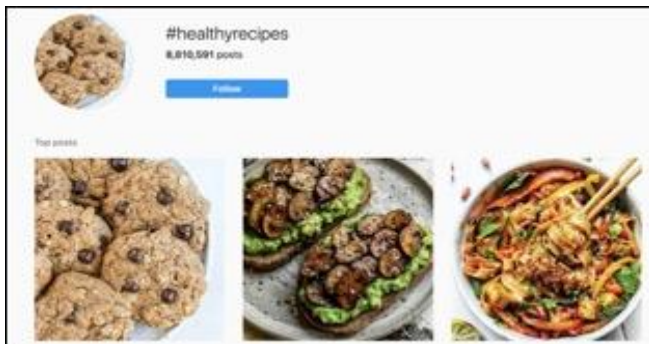
With [2.89 billion active Facebook users](#), there’s no shortage of online exercise content at the click of a button. Search various workout topics like “[stretching](#)” or “[chair exercises](#)” and view senior-friendly [workout videos](#) from people across the world.

One benefit to Facebook groups is getting social support from a community of like-minded individuals. [Search for groups based on similar interests](#), like yoga, stretching, heart health or even by location. Click on the group and then click “Join Group” to join.



Twitter

Where Facebook is about community, [Twitter](#) is about trends. You can often find medical providers, doctors, chefs and workout enthusiasts on Twitter. Also, you can utilize Twitter’s thousands of hashtags to find content geared towards health and fitness. Some hashtags to get started are [#SeniorCitizens](#), [#SeniorCare](#), [#SeniorFitness](#) and [#HealthyAging](#). Also, you can Tweet different companies and businesses questions.



Instagram

This platform stands out because it centers mostly around imagery and video rather than long, written posts. [Instagram](#) houses [senior social media](#) users who focus on health-related content. From healthy recipes, workout tips and senior-friendly exercise videos, there’s an abundance of content available at your fingertips. You also search Instagram using hashtags, such as [#HealthyRecipes](#).



TikTok

The newest kid on the social block is [TikTok](#). This social media platform is geared toward [boomers](#) and [Gen Z](#) alike! It all depends on your interests and a savvy algorithm that starts to learn what kind of content you’re down to explore. TikTok creates bite-sized videos that are 60-seconds long. You can follow TikTok users who focus content on exercise and healthy habits. Even this [81-year old fitness influencer](#) has found an audience on TikTok.



Membership Updates

If you have moved or experienced a phone number change and need to update your membership records, provide that change to any Board member, or email your changes to loafhouston.tx@gmail.com.

Understanding Alzheimer's & Dementia

Alzheimer's Flyer

Page 8

https://docs.google.com/forms/d/1cOFidsl4QozPhNgM9t9Zbw1GWoa_ydZGkpaxB7tZnOk/edit?ts=621d54b3

Volunteer Opportunities

Would you like to help?

If you have 2-4 hours of free time each month and want to reach out to members, contact Roxanne Cherico @ 713.598.6875.

Call for Volunteers

We need volunteers to serve on the many committees, such as Socials Committee and Meet & Greet Committee. Please email Lavita at lavitasm@aol.com for more information.