

In this issue ...

October Calendar	1
ActiveLOAFers	1
October: Memorial Park Loop Walk	1
November: Pickle Ball Returns	2
TheatreLOAFers.....	2
October Birthdays.....	2
In Memoriam - October.....	2
Thoughts and Prayers	3
Join our Facebook Group!	3
Meet-n-Greets	3
October: Handgun Safety	3
November: Thanksgiving Italian Feast.....	3
December: Christmas Mexican Fiesta	3
Socials.....	4
October: Halloween Bowling.....	4
November: Walk to End Alzheimers	4
December: Holiday Concert.....	4
How to Make Pumpkin Pie Spice	4
Past Events:	5
September Meet and Greet	5
Join the LOAF Team!	5
Members Camping Trip.....	5
Ladies Bowling League	6
SPRY.....	6
Other Social Opportunities	6
Womyn on the Move, October 8th	6
Mexican Mondays, Every Monday	6
Seafood Sundays, October 2nd.....	6
HWSL, Sundays from 9 am to 2 pm	6
Bowling League, Mondays, 6:45 pm	6
What Is Brain Fog?.....	7
Newsletter Edits	7
Getting a Good Night's Sleep	8
About LOAF.....	8
Open Invitation	8

Your Board of Directors

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

Officers

Roxanne ChericoPresident
 Lavita Marks..... Vice-President
 Dawn Harrell Treasurer
 Janis SmithSecretary
 Arden Eversmeyer President Emerita

Directors

Danita Cole Director
 Lucretia Copeland..... Director
 Lorraine Schroder Director
 Margaret Thibodeaux..... Director

Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2022-10

October 2022

October Calendar

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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					

Not Specifically LOAF-Sponsored Event

Sunday, October 2.....Seafood Sunday 11:00 am

Flying Fish

Sunday, October 2, 9, 16, 23, 30.....HWSL..... 10 am to 2:00 pm

Memorial Park Fields 2 & 3 or Cullen Park Fields 3 & 4

Monday, October 3, 10, 17, 24, 31...Mexican Monday2:00 pm

Los Cucos

Monday, October 3, 10, 17, 24, 24, 31....Ladies Bowling.....6:45 pm

Delmar Bowling Lanes

Saturday, October 8Womyn on the Move.....5:00 pm

Neon Boots

Sunday, October 11..... ActiveLOAFers8:45 am

Memorial Park

Thursday, October 13 Board of Directors Meeting6:00 pm

Online Via Zoom

Sunday, October 16..... Meet and Greet2:00 pm

Montrose Community Center

Saturday, October 22 Newsletter Deadline COB

Sunday, October 23.....Social.....2:00 pm

Delmar Bowling Lanes

ActiveLOAFers

October: Memorial Park Loop Walk

Memorial Park Sunday, Oct. 9, 2022, meet @ 8:45 a.m.

We will meet in the Becks Prime parking lot (\$1.50) at Memorial Park. We will gather behind Lorraine's white Prius, then start walking promptly at 9:00 AM on the 3 mile loop. Most walkers average between 20 and 30 minutes per mile. We usually have a slower group and a faster group within these average paces. Click here to register and receive day-of communications. [Click Here to Register.](#)

November: Pickle Ball Returns



Saturday, 11/19/22 at 10 a.m.

554 Lockwood Dr.,
Houston, TX, 77011
<https://bumpypicklehtx.com/>

We love Pickleball! No experience necessary. LOAF has one court reserved for 2 hours. Balls and paddles are provided by LOAF. We will play doubles and rotate players after short games. Reminder - water, sunscreen, hat. Be sure to sign-up to get updates.

[Click here to Register](#)

TheatreLOAFers

New Group Now Forming!

Have you ever wanted to go to a play, musical, or concert but ...



- You didn't know what opportunities were out there?
- You didn't have anyone to go with?
- You realized that a ticket for you and a date to a downtown venue might cost you more than \$250?

Many of your fellow LOAFers have felt these same limitations and we know there are several local stages around town with more reasonably priced events. So like-minded LOAFers would like to get together informally to attend some of these offerings. These attendances would not be underwritten or partially funded by LOAF. To create our new group, we need your help with a couple of things:

1. We need those of you who are in the know regarding these local venues and events to send us the information.
2. We need someone willing to "chair" our new group.

Your LOAF Board of Directors is already very busy with normal duties, so we need someone who is willing to review the information provided by members and coordinate the event once selected. We would guide you, but we desperately need someone who is willing to do the legwork to volunteer to help us. We are hoping to be able to plan something at least every other month.

For a first event, we are considering Glitter Girls at Theatre Suburbia in Oak Forest on the city's near NW side. Sunday matinee tickets are only \$16/pp. See more information at

<https://web.theatresuburbia.org/season/62/show/glitter-girls>. If you are interested in attending this play, or can "chair" this group for us, email me at dr.harrell13@yahoo.com.



Welcome New Members!

Shamay Scimeca

October Birthdays

- 10/2 Ann Molinaro
- 10/7 Rev. Janice "Vicki" Sheil-Hopper
- 10/15 Barbara Rogers
- 10/16 Helen Moses
- 10/18 Barbara Sue
- 10/18 Norma Ludwig
- 10/19 Scottie Scott
- 10/20 Lucretia Copeland
- 10/20 Georgette Monaghan
- 10/22 Kandace Klingler
- 10/28 Shirley Box



In Memoriam - October

- 1999 Helen Cathcart
- 2007 Jerry Sachs
- 2008 Patsy Roush
- 2009 Bobbie Miller
- 2011 Sandy Clough
- 2011 Bessie Morris
- 2013 Vicki Cutbirth
- 2014 Lee Albin
- 2017 Shirley Johnston
- 2017 Sandy Robillard
- 2017 Leandra Valardi
- 2018 Dusty West
- 2019 Sharon Steahle
- 2021 Ginger Steele
- 2021 Ann Winkler



Thoughts and Prayers

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

- Susan Fronck (she is house bound) 713-393-7664 2829 Timmons Lane, #147, Houston, TX 77027.
- Molly Milstead could use some prayers. She had emergency surgery to remove a ruptured appendix. Well wishes can be sent to: MollyMilstead@outlook.com
- LOAF member Karen Green passed away after a long illness. Condolences to her partner Melanie Nau.
- Condolences to Brenda Krueger.
- Continued Prayers for healing and recovery for Jo Boardman who is recovering from several surgeries and is in the Rolling Brook Rehab Center. Her email is Jo8294550@outlook.com
- 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.

Join our Facebook Group!

Did you know LOAF has a Facebook Group? Well, we do -- and you can easily find many of our



announcements and meeting links there. Also, we post additional local information and stories that we feel are of interest, but we don't have enough space to include it in our Newsletter. Our Group is a "private" group and **will not show up on your personal Facebook page**. Contact one of our Admins and request to join; then we can send you an invitation. Admins are Janis Smith, Danita Cole, or Dawn Harrell.



LOAFers, Inc.

 Private group

Meet-n-Greets

October: Handgun Safety



Finally! We have been trying to set up a Gun Safety event all year! Major Debbie Schmidt with the Harris County Sheriff's Department will be providing LOAF with a gun safety presentation at the Montrose

Community Center, 401 Branard, Houston, TX. Officer Schmidt is a certified firearms instructor through the FBI. Some of the topics being covered include:

- General Firearm Safety
- How to load/unload a firearm
- How to safety store a firearm
- How to choose a firearm

Our Meet-and-Greet begins at 2 PM. Mark your calendars because you won't want to miss this one.

We may try and set up a zoom for the presentation if anyone is interested

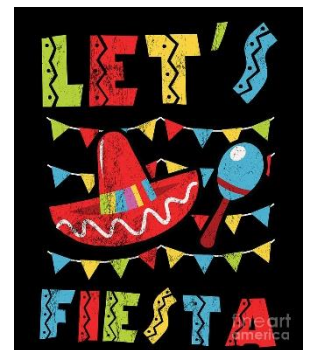
November: Thanksgiving Italian Feast

Be sure to mark your calendar for our November Meet-and-Greet at the Montrose Community Center, 401 Branard, Houston, TX. LOAF is providing an Italian Feast as a respite to the weekend full of Turkey, family, and shopping.



December: Christmas Mexican Fiesta

Celebrate Christmas with LOAF at our December Meet-and-Greet at the Montrose Community Center, 401 Branard, Houston, TX. We will be providing a traditional Mexican Fiesta banquet as we cast our ballots in our annual election for your LOAF Board of Directors.



Socials

October: Halloween Bowling



On October 29, join us for some spooktacular fun at **Delmar Lanes**, 3020 Mangum Rd, Houston, TX 77092 at 2:00 p.m. This year we will have a

costume contest with a prize for the best one! Come on out and join in on the fun. 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 bite to eat.



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.

November: Walk to End Alzheimers

YAY!! GO TEAM LOAF! Mark your calendars! Get them walking shoes ready! LOAF has established a team for the Alzheimer's Association walk in Houston.



Date: November 5, 2022 @ 8:00

Location: University of Houston at Lynn Eusan Park

It is several months away but we can join up and get our team together. For those interested this could be a chance to visit, get some exercise while raising money for an awesome cause! You aren't required to take donations but they of course are appreciated.

If you sign up for the LOAF team you will receive a free lavender **LOAF** T-shirt with our logo. You can also purchase one for \$20 if you want to stand on the side lines for support or just want one!

We will be talking about this more as it gets closer. Here are the walk details: [2022 Walk to End Alzheimer's - Houston, TX: Event Information | Walk to End Alzheimer's.](#)

Please email Lavita at lavitasm@aol.com for more information about our team and let her know you are excited to join in.

December: Holiday Concert

Keep this event in mind! Details for International Voices Houston Holiday Concert still need to be confirmed, but tickets are usually around \$30.

- **December 4, 2022, 3 pm**
MATCH Midtown Arts and Theater Center
Houston
3400 Main Street, Houston, TX

MATCH
MIDTOWN ARTS & THEATER CENTER HOUSTON



How to Make Pumpkin Pie Spice

It's pumpkin season, and that makes me extremely happy. I love everything pumpkin! Before I start my pumpkin-baking marathon, I always make homemade pumpkin pie spice. It is super easy to make: You only need 5 minutes and 5 spices to create your own batch. Making your own costs less than buying a jar at the store. I bet you have all of the spices in your cabinet now: ground cinnamon, ground ginger, nutmeg, ground allspice, and ground cloves. You just have to put them together! I also like making my own because I can make smaller batches, which helps the spices keep their flavor.

Use this pumpkin pie spice to flavor your favorite fall pies, muffins, cookies, and cakes. You can also use it to spice up your whipped cream, yogurt, lattes, oatmeal, or roasted fall vegetables. It is a great spice to have on hand during the chilly fall months.

Ingredients

- 3 tbsp. ground cinnamon
- 2 tsp. ground ginger
- 2 tsp. nutmeg
- 1 1/2 tsp. ground allspice
- 1 1/2 tsp. ground cloves

Directions

Whisk together cinnamon, ginger, nutmeg, allspice, and cloves in a small bowl until well combined. Store in a small jar or container.



Past Events:

September Meet and Greet



In September LOAF members met up at yummy Star Pizza, for pizza, salad, and fellowship with old, new, and prospective members. Lavita and Dawn surprised everyone with door prizes of Starbucks gift cards. I hope you won one ... you never know what will happen at a LOAF event.

This event was made possible by our John Steven Kellett Foundation, Inc. grant

Join the LOAF Team!



LOAF is now accepting nominations for our Annual Election for officers and directors. Elections are held at our December Meet-and-Greet.

Please consider giving back to our group by serving on the Board. Definitions of the responsibilities of each position are provided below. If you have an interest, please email Arden at arden1931@att.net and loafhoustonx@gmail.com. The nominating committee will vet** all candidates and then recommend a slate for election.

Definitions and Responsibilities of Board Positions

President: supervises the business of LOAF, presides over meetings, other duties as prescribed by the Board of Directors. The President does not make unilateral policy decisions as LOAF Board operates by consensus, not a mere voting majority.

Vice-President: presides in the absence of the President; coordinates program events; performs other duties as assigned by the President or the Board of Directors.

Secretary: takes minutes of the meetings; records minutes of the annual meeting held in December; and delivers a copy to Moore & Hunt, our Corporate Attorneys. Files any required paperwork with the Texas Secretary of State.

Treasurer: receives monies; makes bank deposits; pays bills; prepares annual financial statement; prepares records for tax return (Hubbard Financials); must have a working knowledge of bookkeeping and banking. Keeps membership records.

Director(s): they help plan LOAF functions like our Socials and Meet-and-Greets, and/or help prepare content for our monthly Newsletter...it is also a great way to get involved.

** Vet means to perform a background check to protect the members of LOAF.

Members Camping Trip

Get your calendar and mark March 4-5, 2023, as Camping With LOAF!

We will be going to Huntsville State Park. Reservations for these dates are available 5 months in advance beginning October 4, 2022, through the Texas Parks and Wildlife website.

<https://tpwd.texas.gov/state-parks>

Because the campsites are very quickly spoken for, we suggest you make your reservation as soon as possible (first day recommended) after the reservation site opens up at 8 a.m.

•Day pass entrance permits may be reserved up to one month before your visit. Day passes are especially important for weekends and holidays and at our busiest parks.

Please make your reservation for your choice of camping site (cabin, screen shelter, tent or trailer site) and send your site number to Roxanne at isis8555@yahoo.com so we can keep a list of where everyone will be. Thanks!

Stay tuned for more information!

If you reserve a spot and are unable to make it there will be no refund, but you may be able transfer it to someone else. Note: Shelter reservations may require a cleaning deposit

WHAT LOAF WILL NOT DO:

- Clean and prep any shelter spaces. This is the responsibility of the women staying in the shelters.
- Provide cleaning supplies.
- Clean up shelters after people leave. If shelters are dirty, deposits will be forfeited.
- Arrange transportation to / from camp ground.
- Decide who sleeps in what shelters. Shelter space will be assigned as people reserve and pay. Swaps are allowed but we must be notified.
- Provide any handicap accommodations beyond what the camp ground offers.
- Provide food.
- Pay for anyone's medical care. In addition, participating in this activity is at your discretion, LOAF is not responsible for any costs incurred as the result of illness or injury.
- Resolve interpersonal disputes.

Please understand women will be staying at a variety of camping options. Full hookup, electrical and water, primitive camping, and campground shelters. We will not all be staying together but we can all have fun together.



Ladies Bowling League



The Monday Night Ladies Bowling League starts its 2022 season on Monday September 12th at Delmar Bowling lanes located at 3020 Mangum Road. Come out and join the ladies for fun, camaraderie, and exercise. The league plays for 27 weeks (except for holidays) through mid-April. Start time is 6:45 pm each Monday.

The cost is about \$20-25 per week plus a onetime \$25 membership fee to USBC (United States Bowling Congress). The weekly fee includes shoe rental and house balls are available.

This is a handicap league, so players of all skill levels are welcome including first time bowlers. Come by yourself or with a friend and we will put you on a team or bring a team (four members). End of league cash prizes are awarded for team and individual play.

For more information, please email Janice Martinez at jansm8@gmail.com.

SPRY

Law Harrington Senior Center
2222 Cleburne St, Houston, TX 77004

SPRY (Seniors Preparing for Rainbow Years) is up and running again, but in a new location at the Law Harrington Senior Center. You do not need to be a resident there in order to enjoy the activities that include:



- social and recreational activities
- health and wellness education
- and the Montrose Diner drop-in center and free lunch program.

The drop-in center is open **Monday – Friday at 9:30 a.m. Lunch is served at noon.** Arrive early, have some coffee, visit, play games, and join other optional activities as planned.

New lunch guests must be 60+ years old, residents of Harris County, and contact Fred Reninger at (713) 485-5056 or fredreninger@montrosecenter.org to register. Learn more about **SPRY** services at <https://www.montrosecenter.org/services/spry/>

Other Social Opportunities

The following events are not LOAF-sponsored functions but many of our LOAF members participate. Please feel free to attend and enjoy community with each other in different atmospheres.

Womyn on the Move, October 8th

Second Saturday of the month dances at Neon Boots with **Womyn On The Move**, from **5-7 PM**. Join us to dance, visit, and mingle at a comfortable and friendly place. No Cover Charge either.



Mexican Mondays, Every Monday

Meet for a late lunch on Mondays at Los Cucos Mexican Cafe, 10690 Northwest Fwy, Houston, TX 77092. The ladies meet at 2 PM. October dates are:

- 3rd
- 10th
- 17th
- 24th
- 31st



Seafood Sundays, October 2nd

Get “fishy” with other ladies on the first Sunday of the month at the Flying Fish, 1815 N. Durham Dr, Houston, TX 77008. Fishiness begins at 11 AM.



HWSL, Sundays from 9 am to 2 pm

The ladies of Houston Women’s Softball League plays on Sundays from September thru the first weekend in November at Memorial Park, Fields 2 & 3 or Cullen Park Fields 3 & 4.



Bowling League, Mondays, 6:45 pm

Join a team or just come out to visit with the ladies of the Houston Women’s Bowling league on Mondays from September 12th thru mid-April at Delmar Bowling Lanes.

LOAF Laughs:

Domestic Bliss by Deb Murphy



What Is Brain Fog?

The pandemic has brought the mention of brain fog into the news as a somewhat common symptom of long COVID. Brain fog has also been linked to everything from lupus to sleep deprivation to a side effect of cancer treatment. But what exactly does this term mean and how do you know if it's what you're suffering from? Here are a few important things to know about brain fog.

What is brain fog?

Brain fog by itself isn't a medical condition—rather it's generally a symptom of something else. "It is often described as confusion, forgetfulness, disorganized thoughts or a lack of focus and mental clarity," explains Dr. Philip Kimsey, a functional medicine doctor in Chestnut Mountain, Ga., who frequently sees patients complaining of this condition. "It is very subjective," he adds, noting that this is why a thorough medical history, physical examination and laboratory evaluation are typically the mainstays for determining the cause of brain fog.

"When you have brain fog, it can feel as though your brain just isn't working as fast or as well as usual," explains Dr. Jacob Hascalovici, a pain medicine specialist in New York and Chief Medical Officer of Clearing. You may find yourself mentally fumbling for certain words or having trouble concentrating or focusing; you might also get distracted more than usual, have trouble completing your train of thought, and forget things.

What causes it?

Bouts of occasional brain fog, says Hascalovici, can be a symptom of normal, healthy aging and isn't always something to be deeply concerned about. Unlike dementia, Alzheimer's and other long-term cognitive conditions, brain fog is often temporary and/or reversible.

Brain fog can be a symptom of a whole host of issues, including, for example:

- Sleep disorders
- Depression or other mental health disorders
- Stress
- Medication side effect/over medicated
- Celiac disease
- Issues with blood sugar regulation
- Hormonal changes (such as pregnancy or menopause)
- Alzheimer's
- Hypothyroidism
- Illicit substances

"Many, if not most, brain fog cases are due to poor lifestyle habits," says Kimsey. The good news, he says, is that if that is the case, if you can make the changes in your lifestyle habits (such as eating a healthier diet, optimizing good sleep habits, exercise, engaging in stress reduction activities) the symptoms may resolve themselves.

Another cause listed above is medication side effects. "This is often overlooked, especially in patients who are on multiple medications and in the elderly," Kimsey explains. So, it is very important that if you are experiencing brain fog symptoms that you let your healthcare professional know exactly what you are taking, including prescription medication, over the counter medication and supplements.

What should I do if I have brain fog?

"If your brain fog is a regularly recurring symptom, causing issues at work or in your relationships, keeping you from specific duties, then it would be wise to seek out a medical evaluation to get to the root cause," says Kimsey. In cases when the cause is not readily found on an initial evaluation, he explains, further lab testing and brain imaging may be warranted.

The big takeaway is that in general, most individuals may not have to stress over occasional bouts of fogginess after a night of poor sleeping or when taking a new medication. And as people get older, their brains change and things like not being able to multitask as well or being slower to recall a word every now and then may become more common and simply due to aging. But when in doubt, it's generally good to see your doctor to have new symptoms evaluated, especially if brain fog is something that lingers.

Newsletter Edits

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

DEADLINE

November newsletter articles are due by October 23rd

Getting a Good Night's Sleep

Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of sleep won't just leave you tired and irritable, it can be a detriment to your overall well-being.



Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 8 hours each night.

Tips for Better Sleep

- Exercise regularly
- Go to bed and rise around the same time every day
- Keep your bedroom cool
- Avoid looking at your phone or tablet right before bed
- Eat—but not too much
- Avoid excessive alcohol and caffeine
- Relax before bed

- Get checked by your doctor if you have continued trouble sleeping

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

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 loafhoustonx@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 loafhoustonx@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 loafhoustonx@gmail.com