

In this issue ...

July Calendar	1
Thoughts & Prayers.....	2
July Birthdays	2
In Memoriam - July.....	2
Meet-and-Greets	2
July 16th: Star Pizza	2
August 20th: Speed Friending (+).....	2
Socials.....	2
July 27th: Pearl Bar Steak Night	2
August 27th : The Puttery	3
Botanic Gardens Annual Pass.....	3
ActiveLOAFers	3
July 15th: Beat the Heat.....	3
August 19th Beat the Heat Part 2	3
TheatreLOAFers.....	3
Current Performances.....	3
Past Events	4
Texas United Charites	4
Meet and Greet @Becks Prime	4
WOTM @ Neon Boots	4
LOAF Laughs:	4
Domestic Bliss by Deb Murphy	4
Recipe: All-American Ice Cream Float	4
5 Simple Ways to Stay Hydrated.....	5
Firework Safety: 10 Tips for Preventing Firework Injuries	6
Newsletter Edits & Deadline	6
Other Social Opportunities	7
Womyn on the Move, July 8th.....	7
Mexican Mondays, Every Monday	7
Seafood Sundays, July 2 nd	7
HWG, Sundays at 10:30 am	7
Open Invitation	7
SPRY.....	7
About LOAF.....	7

Board of Directors

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

Officers

Roxanne Cherico President
 Lavita Marks..... Vice-President
 Dawn Harrell Treasurer
 Janis SmithSecretary

Directors

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

Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer

Happy 4th of July!



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2023-7

July 2023

July Calendar

						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					

Not Specifically LOAF-Sponsored Event

Sunday, July 2..... Seafood Sunday..... 11:00 am
 Flying Fish

Monday, July 3, 10, 17, 24, 31 Mexican Monday2:00 pm
 Los Cucos

Saturday, July 8..... WOTM5:00 pm
 Neon Boots

Thursday, July 13 Board of Directors Meeting.....6:00 pm
 Online via Zoom

Saturday, July 15ActiveLOAFers Swimming3:30 pm
 Brookdale Memorial City complex

Sunday, July 16..... Meet and Greet.....2:00 pm
 Star Pizza

Saturday, July 24 Newsletter Deadline..... COB

Thursday, July 27July Social6:00 pm
 Pearl Bar Steak Night

Welcome New Members!

**Yuri Burgos
 Jill Seikmeier**



Thoughts & Prayers

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

- Susan Fronek (she is house bound) 713-393-7664 2829 Timmons Lane, #147, Houston, TX 77027.
- Jo Boardman still needs our prayers. She is doing great. Still not walking totally on her own but gets around great on her rolling walker! Send her an e-card to cheer her up! Dee Wigal is staying with her presently. Her email is Jo8294550@outlook.com
- Deborah Bradford is requesting continued affirming prayers for her wife Jan Mann that her sight to be restored.
- Laura Leffler Fernandez had a small procedure June 8th and needs our prayers for a speedy recovery.

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 loafhoustonx@gmail.com.



July Birthdays

- 7/1 Suzanne Fox
- 7/1 Michelle Haynes
- 7/6 Beverly Taylor
- 7/9 Lisa Fitzgerald
- 7/11 Melanie West
- 7/12 Lee Utley
- 7/12 Dee Wigal
- 7/22 Janice Ives
- 7/25 Donna Meade Hawkins
- 7/27 Melissa Stephens, DC
- 7/28 Joan Lamare
- 7/29 Paula Restivo
- 7/30 Nancy Greenwood
- 7/31 Jana Bowen



In Memoriam - July

- 1989 Johnnye Kebodeaux
- 1997 Marleen Biehle
- 2016 Karen Bourque
- 2017 Debbie Hunt
- 2017 Jean Lloyd
- 2010 Doris "Junior" Vaiani



Meet-and-Greets

July 16th: Star Pizza

July 16 from 2-4 pm. LOAF will be meeting up at yummy **Star Pizza #1, 2111 Norfolk, Houston, Texas 77098.**



Laughter and community are what it's all about! Come on out and join the party, break bread, and get your chat on! Bring a friend and let us all tell them about LOAF!

We will be in the Espresso room, which is on the ground floor. The entrance is on the Shepherd side. You can park on the Durham side of Star Pizza, on the street or where 59 used to be.

August 20th: Speed Friending (+)

We will be back at the Montrose Community Center, 401 Branard St, Houston, TX 77006, on August 20th from 2-4 pm.

Have you ever wished it was easier to get to know people in LOAF? This Speed Friending event is just what you need. We will provide fun conversation starters, so whether you are partnered or single, there will be something for everyone. It's your chance to get to know lots of LOAFers (new and old) just a little better. Light refreshments will be provided.

Socials

July 27th: Pearl Bar Steak Night

July 27, 2023
4216 Washington Ave, Houston, Texas 77008

<https://www.pearlhouston.com>



Thursday Steak Night, from 6-9 pm at the Pearl Bar is an experience like no other. Enjoy steak, baked potato with all the fixings, and a salad. Mix and mingle and strike up a conversation while enjoying the outdoor patio. Julie Mabry, owner of Pearl Bar, will be cooking and calling out your order when it's up. She always makes us feel welcome & comfortable. Check out the website for upcoming events.

LOAF Members pay \$10/pp and LOAF will subsidize the balance. **RSVP to loafhoustonx@gmail.com no later than July 20th.**

August 27th : The Puttery



1818 Washington Ave, Ste 180,
Houston TX 77007

Check it out: <https://www.puttery.com/locations/houston>

On Sunday, August 27th LOAF will pay the \$18 per person for a Round of a 9 hole course. We will meet up at 11 am to pay out and gather our equipment. Food and beverages are available but will not be included in this price. **RSVP to loafhoustontx@gmail.com no later than 8/23/23.**

Botanic Gardens Annual Pass



We got a great deal on an annual pass for the Houston Botanic Gardens and all members can use the pass throughout the year. Four people can go at one time. A member just has to email loafhoustontx@gmail.com to get our account number. Then you just give that account number at the ticket window. We hope you can take advantage of this opportunity.

ActiveLOAFers

July 15th: Beat the Heat



Who said you can't be active in Houston's summer heat. We are hitting the pool for the next two months. We might do a lap or two, or bounce a beach ball around. The level of activity is up to you. You will be shown where

to park when you arrive. You **must register [HERE](#)** to be admitted. **Deadline 7/14/23 at 5 pm.**

Saturday, July 15, 2023 - 3:30-5:30
Brookdale Memorial City complex

August 19th Beat the Heat Part 2

Saturday, August 19, 2023 - 3:30-5:30
Brookdale Memorial City complex



As promised, we are hitting the pool for August's activity. We might do a lap or two, or bounce a beach ball around. The level of activity is up to you. You will be shown where to park when you arrive.

Registration link will be in our August newsletter.

TheatreLOAFers

Current Performances

If you would like to be added to the Theatre list email:

Juliefmtl@gmail.com



Alley Theatre – (<https://www.alleytheatre.org/>)

The Murder of Roger Ackroyd – July 21-August 27 - ACTOUT will be August 10th

Match (<https://matchouston.org/>)

Catastrophic Theater–

Tamarie's Totally True Revue (if you have never seen one of her camp shows it's worth checking out) June 22-August 5th Pay what you can afford tickets!

Main St Theatre –

June B. Jones: Toothless Wonder – June 10-July 30

The Honeycomb Trilogy by Mac Rogers- July 29-August 13

The A.D. Players (<https://www.adplayers.org/>)

Smoke on the Mountain June -June 28 -July 23

RMCC has a group going on Saturday, July 8th - 2:30 pm should you wish to go with them get tickets at <https://www.adplayers.org/smoke-on-the-mountain>

Ensemble Theatre (<https://ensemblehouston.com/>)

Angelica Cheri's Phenomenal Woman - June 29-July 30

The Music Box Theater

(<https://www.themusicboxtheater.com/>)

Feelin Groovy – Friday and Saturday night through July at Queensbury theater Memorial City area

Hobby Center -Sarofim Hall –

The Musical -1776 – July 18-24

Pirates of Penzance – July 22-30

Smart Financial Center –

Rupaul's Drag Race – July 2-3

The Emerald Theatre –

Drunk Shakespeare – Open Run

Wortham Center –

4th Annual Mariachi festival – August 18-20

Past Events

Texas United Charities



Texas United Charities, TUC, had a fun exciting Casino Night at Neon Boots on June 3rd. Several LOAF members volunteered their time to set up and deal blackjack, as well as play! In addition to gaming, TUC had a great auction and raffle. Lavita Marks says "I really had a great time and I won the dog

basket! It included a dog bed, water/feeder bowls and mat, toys, microfiber towel, tennis balls, picture frame, poop bags and much more!" Fun was had by all. We, LOAF, really appreciate all of TUC's fun raising efforts for the many charities they support. Shout out to Neon Boots for providing the space and, as always, a great atmosphere

Janis Smith was a winner as well. Among her goodies were a \$50 gift card from Dr. Gleem car wash, a small vacuum, 2 cup holders, and Armour All cleaning products. As you can see she was all smiles.



Meet and Greet @Becks Prime



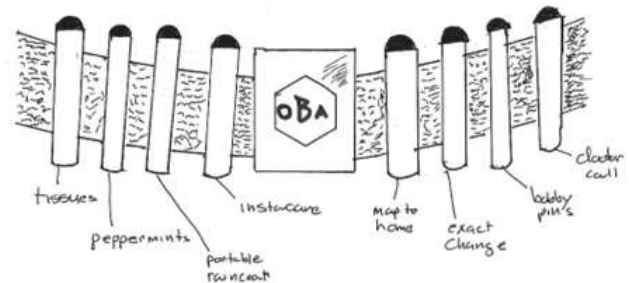
WOTM @ Neon Boots



LOAF Laughs:

Domestic Bliss by Deb Murphy

OLD BAT UTILITY BELT



endorsed by Old Bats of America

July 2023

Recipe: All-American Ice Cream Float

Scorching summer days call for decadent indulgences like this All-American Ice Cream Float. It's a versatile beverage that doubles as a dessert or a delightful adult cocktail. Everyone will enjoy this patriotic, gluten-free, frozen and fizzy treat! Serves: 4



Ingredients

- Grenadine
- 1 gallon vanilla ice cream
- 1 gallon sparkling water
- Fresh blueberries

Directions

- Step 1: Wet tall glasses and chill in the freezer for 10 minutes.
- Step 2: Layer the bottom of the chilled glass with a generous splash of grenadine.
- Step 3: Add 2 scoops of vanilla ice cream.
- Step 4: Pour sparkling water on top and garnish with 2-4 fresh blueberries. Serve immediately with an iced tea spoon and straw. Enjoy!

Tip: Don't have fresh blueberries in the house? Mix it up by adding different types of fruit, such as strawberries, raspberries, or peaches. Want a float with some kick? Substitute sparkling wine for the sparkling water.

5 Simple Ways to Stay Hydrated

When it comes to health, hydration is key — no matter your age. But, there may be a few challenges seniors have that others don't. While a medical professional is the best reference for how much water anyone should consume, there are a lot of ways to up your daily intake with just a few small changes.



1. Be in the Know

The first step to drinking more water is knowing all the “whys” behind it. Understanding these benefits of hydration, as well as the potential dangers of dehydration, can make a big difference in changing daily habits. We'll dive into the “hows” shortly, but first, check out a few surprising facts that may get you thirsty for more. According to a 2017 study, a majority of seniors weren't aware that [dehydration can cause confusion](#), seizures and even life-threatening situations.

Eight glasses a day might not be right for everyone. A Harvard Health Letter article suggests that [4-6 glasses might suffice](#), but diet and activity play a big role in determining the best amount for each individual. Not only are [seniors at a greater risk for dehydration](#), it's a common cause of hospitalization and other health complications. All the more reason to drink up!

2. Get Creative

Water can live in lots of different forms. So, if sipping straight out of a glass isn't your thing, there are still plenty of ways to get your daily dose of H₂O.

- Switch out your usual coffee or caffeine drink with herbal tea or hot water with lemon
- Grab a slow-cooker and simmer up some warm soup on a cold day.
- Have popsicles on hand for hot days
- Start your morning with a fruit smoothie
- Get your daily fill of fruits and vegetables (Melon, cucumber, and lettuce are over 90 percent [water](#).)

- Mix it up by adding some flavor to your water with lemon or other fruits

3. Make It Effortless

Trying to drink more water is great, but if it's a cumbersome task or something easily forgotten, then it's probably not going to happen. The great news? There are tools out there to make hydration a cinch. Check out a few of these affordable products that make all-day-long sipping as simple as possible for seniors.

- [Popsicle molds](#) for delicious and water-full summer snacking.
- [A little gadget](#) for your water bottle that reminds you to drink.
- [A container with a straw](#) for effortless sips without lifting a bulky bottle.
- [A collapsible cup](#) for on-the-go drinking.

4. Drink Differently

Don't wait until you're thirsty to drink. Making a drinking schedule is easy when you can pair it with other things you do every day.

- Take a sip before every meal
- Enjoy a glass of water after every bathroom break
- Leave a bottle on the bedside table to drink every morning
- Finish a full serving of water throughout a TV show
- Take note of how hydration is helping. Whether it is a before/after picture, or a hydration journal, keeping track of how you're feeling can serve as proof of the perks of drinking more water.

5. Slow and Steady

Don't try to drastically change habits in one day. Our ability to maintain a habit of hydration may do best when water is gradually introduced more and more into our daily lives. This can be especially important for seniors who may already have lifelong habits. A few small changes each day can not only make a big impact, but also help to create hydration habits that stick.

As always, consult with a medical professional before making changes to your (or a loved one's) diet or liquid intake. Want to learn more about how senior living can help residents stay healthy and hydrated? Contact a Brookdale associate today.

The above content is shared for educational purposes only. You must consult your doctor before acting on any content contained herein, especially if you have a medical condition. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Never disregard professional medical advice or delay in seeking it because of something you have read here.

Firework Safety: 10 Tips for Preventing Firework Injuries



No Fourth of July celebration feels complete without fireworks — whether you're watching them as part of a citywide celebration or setting them off at home. In the latter scenario, it's important that you and your family are aware of the dangers fireworks pose and practice firework safety.

The clearest indication of the risks: Firework injuries accounted for more than 11,000 ER visits in 2021, according to the National Fire Protection Association.

These injuries are most common in young adults between the ages of 20 to 24, but the next most commonly injured age group is kids ages 5 to 9 — they account for a quarter of all firework injuries.

Half of ER visits related to fireworks in children under 5 are caused by sparklers, something many parents might find surprising.

"People often view sparklers as a less risky option, but it's important to realize that they burn at about 2,000°F," warns Dr. J. Finkelstein, medical director of Houston Methodist's emergency departments. "Sparklers can cause severe skin injury, sometimes even a third-degree burn, in just a short amount of time."

It's not just sparklers, of course. Injuries sustained by bottle rockets and firecrackers are other reasons for ER visits. This is just what's most common, though. Dr. Finkelstein points out that, given their high heat and explosive nature, any firework can cause injury.

The serious injuries fireworks can cause

The most common sites of firework injuries are the extremities — fingers, hands, legs, feet, and toes. But it's not uncommon for the eyes, head, and neck to be affected. Those account for about 35% of all firework accidents.

"Most of these injuries are burns, but we also see lacerations, deep bruises and fractures in the fingers, hands and feet," says Dr. Finkelstein. "And while less

common, more severe injuries — disabling ones — are also possible."

These can range from third-degree burns to loss of eyesight or an extremity. High-powered commercial fireworks can also cause chest injuries and concussions.

Bodily injury aside, firework accidents also started an estimated 12,000 fires in 2021 and resulted in about \$60 million of property damage, according to the National Fire Protection Association.

You're really better off leaving fireworks to the professionals and going to a show, but if you insist on setting them off yourself, Dr. Finkelstein stresses that injuries and accidents are preventable.

10 firework safety tips

Fireworks are fun, but they're no joke. Here are 10 tips for safely using fireworks to help ensure an injury-free celebration this Fourth of July.

1. Never allow children under 5 to handle fireworks
2. Closely supervise older children while using sparklers and never allow them to light explosive fireworks
3. Light only one firework at time and maintain a safe distance
4. Wear protective eyewear when lighting fireworks
5. Never hold lighted fireworks in your hands
6. Never point fireworks at another person
7. Never use fireworks while impaired by drugs or alcohol
8. Never try to relight or rehandle malfunctioning fireworks
9. Soak spent and unused fireworks in a bucket of water overnight
10. Never use illegal or homemade fireworks

"It's also important to emphasize these firework safety tips with teens and young adults and explain the risks and injuries that are possible when using fireworks in an unsafe manner," adds Dr. Finkelstein.

Newsletter Edits & Deadline

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

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



July articles & picture submittal are due by July 24th.

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, July 8th

Second Saturday of the month dances at Neon Boots with **Womyn On The Move**, from 5 to 7 p.m. 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.



Seafood Sundays, July 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.



HWG, Sundays at 10:30 am

THE HOUSTON WOMEN'S GROUP is a diverse multi-generational feminist group for all women, that meets every Sunday at 10:30am at the First Unitarian Universalist Church, 5200 Fannin at Southmore Blvd. and via Zoom. Each woman defines her own feminisms. After the group adjourns those that choose to do so gather at a nearby restaurant to enjoy a meal and further conversation. To receive the Zoom link and to be added to the announcement list please send an email to: HWomensGroup@gmail.com with "Sign Me Up" in the subject line.

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.

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 can 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/>

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.