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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

Directors

Danita Cole Director
 Lucretia Copeland..... Director
 Lorraine Schroeder 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. #2023-11

November 2023

November 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		

Not Specifically LOAF-Sponsored Event

- Sunday, November 5**..... **Seafood Sunday** 11:00 am
Flying Fish
- Sunday, November 5**..... **ActiveLOAFers** 10:15 am
Color Trails/Texans Game
- Sunday, November 5, 12**..... **HWSL Softball**.....9:00 am
Herman Brown Softball Complex
- Monday, November 6, 13, 20, 27****Mexican Monday**2:00 pm
Los Cucos
- Monday, November 6, 13, 20, 27****Ladies Bowling**6:30 pm
Delmar Lanes
- Thursday, November 9**..... **Board of Directors Meeting**6:00 pm
Online via Zoom
- Saturday, November 11** **WOTM**5:00 pm
Neon Boots
- Sunday, November 19**..... **Meet-n-Greet**2:00 pm
Star Pizza Thanksgiving
- Saturday, November 20** **Newsletter Deadline** COB



See last page of newsletter for more details on Board positions.

Welcome New Member

Suzy Lovejoy



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.
- Deborah Bradford is requesting continued affirming prayers for her wife Jan Mann that her sight to be restored.
- Janice Ives had a tumble resulting in a broken ankle. Send prayers & good thoughts to her and Scotty.

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.



In Memoriam - November

- | | |
|------|-------------------|
| 1988 | Bonnie Whaley |
| 1993 | Billie Carter |
| 2001 | Barbara Pyle |
| 2001 | Barbara Seitz |
| 2009 | Phyllis Downey |
| 2012 | Delma Cummings |
| 2014 | Betty McCambridge |
| 2017 | Flo Fluharty |
| 2017 | Lou Ivy |
| 2017 | Patti Simon |
| 2018 | Mary McDowell |
| 2022 | Arden Eversmeyer |

November Birthdays

- | | |
|-------|-----------------------|
| 11/3 | Regina Dotson |
| 11/3 | Deborah Folsom |
| 11/3 | Sandra Simmons |
| 11/3 | Serena Tripi |
| 11/5 | Page Allen |
| 11/6 | Penny Hipp |
| 11/8 | Jo Queen |
| 11/11 | Vivian Blaha |
| 11/12 | Cathleen Sheil-Hopper |
| 11/14 | Debbie Beach |
| 11/15 | Missy Bergman |
| 11/16 | Yuri Burgos |
| 11/19 | Molly Milstead |
| 11/21 | Julie Fischer |
| 11/24 | Judy Van Kirk |
| 11/29 | Barbara Williams |
| 11/30 | Margo Mendoza |



Donna Junker 70th Birthday Benefit Show, December 16th

It is with great pleasure that I am happy and proud to advise LOAF that the organization will be one of the beneficiaries of my 70th birthday show which is scheduled on **December 16, 2023**, at Neon Boots. The social is at 4:00 pm and the show will begin at 5:00 pm.

The monies raised will be shared 50/50 with TGRA.

More information will follow. This event is being planned by Melissa Flories, Greg Davis (aka Marcia Mink Gill) and Tony McClelland-Pace.

Donna Junker

Meet-and-Greets

November 19th: Thanksgiving MnG/Social



It's time to eat turkey and yams and cranberries just like the Pilgrims used to do...Just kidding!!

Please join LOAF for Thanksgiving at Star Pizza on 2111 Norfolk, Houston, TX, 77098 from 2-4 for salad, pizza, and dessert. We will meet in the large downstairs area off Shepard.

Please RSVP to loafhoustontx@gmail.com by November 10th to ensure you have a place at the table.



December 17th: Christmas MnG/Social



We are going to be at the Montrose Center in December to close out the last Meet and Greet of the year.

Cochinita & Co. will be catering our Christmas season gathering. They offer vibrant Mexican food made from scratch with fresh ingredients.

<https://www.cochinitaco.com/>

We shall also be voting in nominated members who would like to be considered for the Board. See page 8 for definitions of each position and how to go about the process.



TheatreLOAFers

November 12th: Skin of Our Teeth



TheatreLOAFers is planning to go to the November 12th 2:00 matinee performance at the Wortham Theatre. It is recommended to go online to get your tickets early as some of these shows have sold out. Dinner after. <https://tiny.universitytickets.com/muk4t3mj>

This Pulitzer Prize-winning American classic from the author Thornton Wilder of *Our Town* combines inventive comedy and thoughtful social satire to tell the story of the Antrobus family of Excelsior, New Jersey as they narrowly escape (by the skin of their teeth!) one end-of-world disaster after another. The most epic comedy in the history of American theatre takes you on a wild ride from the Ice Age through the rise and fall of human civilization. Directed by Jack Reuler.

Current Performances

If you would like to be added to the Theatre list email: Juliefmtl@gmail.com



Here is what's happening in November:

Stages-(<https://stageshouston.com/>)

Switzerland October 6-November 12

Panto Alicia in Wonderland December 1-31

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

A Christmas Carol November 18- December 30

AD Players (<https://www.adplayers.org/>)

A Texas Carol November 22- December 23

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

Catastrophic Theater– The Turn of the Screw - November 17- December 9

Dirt Dog Theatre Co – The Birds November 2-4

The Music Box Theater

(<https://www.themusicboxtheater.com/>) at Queensbury theater Memorial City

Broadway at the box – November weekends only

The Emerald Theatre –

Drunk Shakespeare – Open Run

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

A Motown Christmas – Nov 17-Dec 24

Mildred's Umbrella's (www.mildredsumbrella.com/)

ENOUGH: Plays To End Gun Violence - Nov. 6

4th Wall Theatre (<https://www.4thwalltheatreco.com/>)

Sense and Sensibility – Dec. 1-23

Art Factory Theater <https://www.artfactoryhouston.com/>

The Glass Menagerie Nov. 10-19

Cone Man Running Theater

(conemanrunning.com)

Surviving the Night Nov. 30-Dec 16

UH Moore School

(<https://uh.edu/kgmca/theatre-and-dance/>)

The Skin of Our Teeth – Nov 3-12

She Dead Now - Nov. 16-19

Rec Room (<https://www.recroomarts.org/>)

Peter Pan – Dec 7-30

ActiveLOAFers

November 5th: Color Trails @ Memorial Park and Texans Game

ActiveLOAFers will be doing a hike through the Color Trails of Memorial Park before the Texans vs Buccaneers Game on **November 5th** We will gather behind Lorraine's white Prius at Memorial Park S Picnic Lane (indicated on the map on the sign-up form) in the parking lot at 10:15 am. This hike will be easy to moderate and 2-3 miles. It will take about 1.5 hours. It is mostly a dirt trail with some up and down so if you prefer, bring your walking stick. The hike will be followed by a jolly time watching the Texans / Buccaneers Game at noon at



The Phoenix on Westheimer

1915 Westheimer Rd., Houston, TX 77098

<http://www.phoenixow.com/dr8/>

We will meet at S Picnic Lane in the parking lot at 10:15 am. Sign up [HERE](#) to get day of notifications.

December 9th: Pickleball Returns



Sunday, Dec. 9, 2023

10 am – 12 pm.

554 Lockwood Dr.

Houston, TX, 77011

<https://www.bumpypicklehtx.com/>

It's time for Pickleball again! No experience necessary. LOAF has one court reserved for 2 hours. Balls and paddles are provided by LOAF. We play doubles and rotate players after short games. Be sure to sign-up [HERE](#) to get updates.



There is also a restaurant and bar. [Food & Drinks Menu](#)

Reminder - water, sunscreen, hat.

International Voices Houston



Houston's premiere multicultural choir rings in the holiday season with a festive program of music from all over the world. Celebrating its 25th "silver" anniversary season, International Voices Houston presents "Silver Bells," a program exploring dynamic music in several languages, including Arabic, English, Estonian, German, Hebrew, Setswana, Spanish, Ukrainian and more.

Join us in person at MATCH Saturday, **December 2** at 7:00 PM and Sunday, **December 3** at 3:00 PM and 7:00 PM.

MATCH – Midtown Arts & Theater Center Houston
 3400 Main Street, Houston, TX 77002
<https://matchouston.org>

Can't join us in person? Purchase livestream access and join us from the comfort of your own home on Sunday, December 3 at 7:00 PM CST.

Video-On-Demand access will be available starting Sunday, December 3 through Tuesday, December 26 at midnight.

Featuring special guest soprano, **Jolie Rocke**, Artist in Residence for International Voices Houston's **25th Anniversary Season**.



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.



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, November 11th

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-November 5th



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.

Ladies Bowling League, Every Monday

Come out and watch (or join in as) the ladies bowl at Del-Mar Lanes located at 3020 Mangum Road. Games begin at 6:30 pm each Monday.



HWSL, Sundays from 9 am to 1 pm

The ladies of Houston Women's Softball League play on Sundays through November at Herman Brown Sports Complex.



[Map to Herman Brown Complex](#)

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.

Newsletter Edits & Deadline

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

DEADLINE

November articles & picture submittal for the newsletter are due by November 20th.

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 freninger@montrosecenter.org to register.

Learn more about SPRY services at <https://www.montrosecenter.org/services/spry/>



2024 Members Camping Trip

Friday, March 8th to Sunday the 10th, 2024 (or longer)

Brazos Bend State Park

Reservations so far: (by site):
116,118,126,131,133,134,135,136,138



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

Because the campsites are very quickly spoken for, we suggest you make your reservation as soon as possible. They are going fast! Suggestion of October 8 at 10:00 am

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 campground.
- 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 campground 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.

Past Events

WOTM @ Neon Boots



MnG Halloween Costume Contest



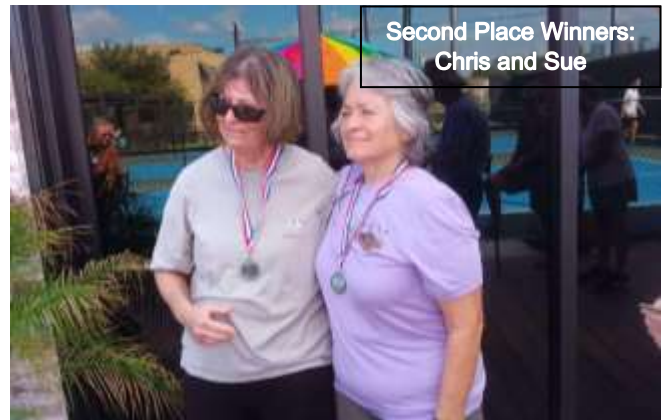
First Place Winners: Pop Sisters Regina and Vickie



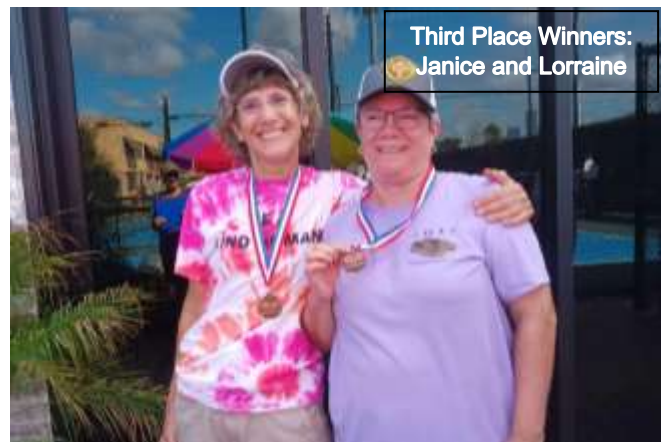
LOAF 1st Pickleball Tournament



First Place Winners:
Jill and Michelle



Second Place Winners:
Chris and Sue



Third Place Winners:
Janice and Lorraine

Monday Night Womens Bowling

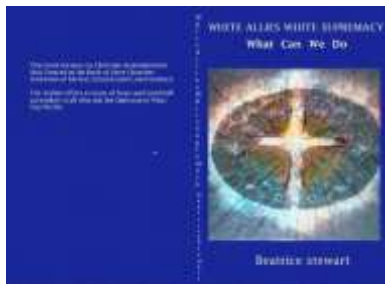


Free eBook for Review

Don't miss this great offer!

The 2nd volume of *White Allies* authored by LOAF member Beatrice Stewart will be published by Amazon in the 1st week of December. Beatrice asks for those LOAF members, and others, who read her books, to go to Amazon books, put in her name, click the 'follow' button under her picture, and then write an inspiring book review for any or all of her books. Beatrice will offer one of her eBooks free to anyone who writes a review letting her and others know of your favorite book or most inspiring white ally, your favorite poem, or telling us the poem which had the most affect and effect in your life. See link below:

https://www.amazon.com/stores/Beatrice-Stewart/author/B08JN88MB8?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true



Maryland Crab Dip

The beautiful coastal land of Maryland is known for its history and seafood— crabs, especially. So naturally, Maryland Crab Dip might just be the best seafood-based concoction you've ever dunked a cracker into! One whole pound of fresh, tender lump crab meat swims in a creamy, cheesy sea of flavors that have peppery and smokey hints. Its expensive taste conceals a secret: the ease of dumping and baking these delicious flavors into one big baking pan in a little over 30 minutes. Bring the taste of the sea to you, wherever you are, with some tasty and delightful Maryland Crab Dip.



Ingredients

- 8 ounces cream cheese, room temperature
- ¼ cup mayonnaise
- ½ cup sour cream
- 1 ¼ cups cheddar cheese, shredded and divided
- ½ teaspoon ground mustard
- 1 teaspoon lemon juice
- 1 ¾ teaspoons Old Bay™ seasoning
- 2 teaspoons Worcestershire sauce
- hot sauce, optional, to taste
- 1 pound fresh lump crab meat

Directions

Step 1 -Preheat the oven to 375°F.

Step 2 In a large mixing bowl, using a handheld mixer or a stand mixer with a paddle attachment, beat the cream cheese on medium-high speed until smooth and creamy, about 1 minute. Using an electric mixer will ensure the smoothest texture.

Step 3 Add the mayonnaise, sour cream, 1 cup of cheese, ground mustard, Old Bay™ seasoning, Worcestershire sauce, and hot sauce.

Step 4 If using the hot sauce, taste for desired heat.

Step 5 Fold the crab meat into the mayonnaise mixture using a spoon or rubber spatula.

Step 6 Transfer the dip to a 9-inch baking pan, 9-inch pie dish, or 9-inch oven-safe skillet.

Step 7 Top the dip with the remaining cheese.

Step 8 Bake the dip until hot and bubbly around the edges, about 25 minutes.

Step 9 Serve warm.

What to Know About Seniors and UTIs



Forgetting the names of loved ones, mistaking one's location, and getting confused at nighttime – these can all be hallmark symptoms of

Alzheimer's and other types of dementia. But did you know that these symptoms [may also be caused by a simple infection?](#)

How UTIs Affect Seniors

Urinary tract infections often affect seniors [far differently than they do younger adults](#). While both age groups generally experience discomfort and an urgent need to empty the bladder, [seniors can also experience additional dementia-like symptoms](#). "UTIs cause abnormal behavior symptoms in seniors. It can somewhat mimic Alzheimer's-type psychosis," explains Camille Jordan, R.N., and SVP of Clinical Services at Brookdale and co-author of a scientific journal [article](#) on the topic. "Seniors with UTIs may appear more confused, restless, anxious, and agitated." And beyond potentially having trouble thinking and behaving normally, seniors with UTIs may also be more prone to falling. Most people with UTIs experience urgency – and trying to rush to the bathroom while confused in the middle of the night can cause accidents, including incontinence and falls.

Like many medical conditions, UTIs often prove more dangerous for older adults than younger adults. Seniors typically face more serious symptoms and may experience an increased fall risk when they contract UTIs. Moreover, [seniors may face an increased risk of contracting UTIs in the first place](#). And of all seniors, women face the largest risk. Women are more susceptible than men to UTIs because of the changes in our vaginal structures as we age. [On average, 10% of women over age 65 will contract UTIs, but the number increases to 30% in women over 85](#). UTIs are one of the [most commonly diagnosed infections](#) in older adults, and one study found UTIs occurring second only to respiratory infections in community-dwelling adults over 65.

How UTIs are Treated in Seniors

UTIs, like many common bacterial infections, [are ordinarily treated with easily accessible antibiotics](#). But even though this might sound like an easy fix, there may be more to the matter than meets the eye when it comes to long-term antibiotic use. Ongoing antibiotic use may cause more harm than good. **One**, it sets up a resistance – typically the bacteria becomes not susceptible to the antibiotic. And, **two**, it messes up the gut bacteria, which can cause secondary conditions [such as c-difficile, a bacterial infection whose most common symptom is diarrhea](#) that typically occurs after the use of antibiotic medications. So you end up getting a secondary type of issue that requires additional treatment.

So, What Else Can Help Prevent Chronic UTIs?

The biggest key for seniors is hydration. Seniors often don't drink a lot of water, so ensuring that they stay well-hydrated is the biggest key, as well as incontinence management and good perineal care.

How to Detect UTIs in Seniors

As discussed, to an untrained eye, a senior suffering from a simple, passing bladder infection could be mistaken for a senior suffering from a much more permanent condition, such as Alzheimer's or another type of dementia. For that reason, caregivers and family members alike need to understand the determining factors. When determining the presence of a UTI, look at the physical as well as the cognitive. Checking to see if a senior's incontinence has increased, if they have to go to the bathroom more, and if their urine has a strong odor or is cloudy in appearance are key ways to help differentiate this easily-treated virus from progressive changes in behavior and cognition.

The above content is shared for educational and informational purposes only. You must consult your doctor before beginning any diet or exercise or fitness program, taking any additional or discontinuing any existing medications, or acting on any content on this website, 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 in this newsletter.

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 Roxanne at loafhouston.tx@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.

SportLOAFer's Group?

There have been some conversations and interest in forming a group to watch sports games and maybe go to a game or two. The Board is still discussing if this is something we might want to try. However, for this to happen someone needs to step forward and volunteer to be the Lead for this group.

The responsibilities would include possibly joining the board, finding help to coordinate watch parties and game outings, to get the schedule to the newsletter editor so the activities can be put into the monthly calendar and let the members know what is coming up. This person would be in charge of the RSVPs for events.

If interested email to loafhouston.tx@gmail.com with SportLOAFers in the subject line. (Name is just thrown out there...ideas for group name open.) Who will be the biggest sports fan?

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 loafhouston.tx@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 loafhouston.tx@gmail.com.