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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 Smith Secretary

Directors

Danita Cole Director
 Lucretia Copeland Director
 Lorraine Schroeder Director

Newsletter

Danita Cole Editor
 Dawn Harrell Tech Writer



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustonTX@gmail.com

Issue: No. #2023-12

December 2023

December 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

- Saturday, December 2..... International Voices Houston7:00 pm**
MATCH on Montrose
- Sunday, December 3..... Seafood Sunday 11:00 am**
Flying Fish
- Sunday, December 3..... International Voices Houston .. 3 & 7:00 pm**
MATCH on Montrose
- Monday, December 4, 11, 18.....Mexican Monday2:00 pm**
Los Cucos
- Monday, December 4, 11, 18.....Ladies Bowling6:30 pm**
Delmar Lanes
- Saturday, December 8..... WOTM5:00 pm**
Neon Boots
- Sunday, December 9..... ActiveLOAFers 10:00 am**
Pickleball/Bumpy Pickle
- Thursday, December 14..... Board of Directors Meeting6:00 pm**
Online via Zoom
- Sunday, December 17..... Meet-n-Greet2:00 pm**
Member Family's Home
- Saturday, December 20..... Newsletter Deadline COB**



IT'S TIME FOR BOARD ELECTIONS!

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

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 - December

- | | |
|------|-------------------|
| 1991 | Margaret Hall |
| 1999 | Diane Portilla |
| 2004 | Candy Candelari |
| 2006 | Carol Pazman |
| 2008 | Marie Mariano |
| 2011 | Margaret Meade |
| 2011 | Lorene Pouncy |
| 2012 | Casey Davis |
| 2015 | Rusty Cunningham |
| 2016 | Anne Goetshe |
| 2017 | Stephanie McClain |
| 2018 | Joan Myers |
| 2018 | Kim Peirce |
| 2022 | Francis Bueno |

December Birthdays

- | | |
|-------|------------------------|
| 12/2 | Christina Olson |
| 12/7 | Pam Perry |
| 12/14 | Deanna Webb |
| 12/16 | Linda Cecere-O'Bannion |
| 12/17 | Elizabeth McLane |
| 12/19 | Donna Junker |
| 12/23 | Cathy Mahan Steve |
| 12/24 | Michelle Hughes |
| 12/24 | Vivian Rosenthal |
| 12/26 | Brenda Kruger |
| 12/30 | Denise O'Doherty |
| 11/29 | Barbara Williams |
| 11/30 | Margo Mendoza |



Donna Junker 70th Birthday Benefit Show, December 16th

THIS EVENT HAS BEEN POSTPONED. NEW DETAILS WILL COME AS SOON AS AVAILABLE.

Donna Junker

Meet-and-Greets

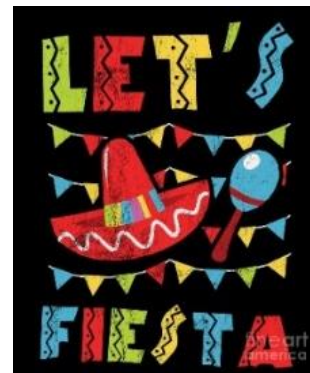
December 17th: Christmas MnG/Social

We are going to be at the Montrose Center from 2-4 pm 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/>



You must RSVP to loafhoustontx@gmail.com for this event so we have an accurate headcount for the caterer.

We will 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.

January 21st: Football and Fun

Join us at our January Meet-and-Greet for updates to our LOAF events and cheer for (or against) your team in the football playoffs. We are being hosted in the comfort of a member family's home. Game day snacks will be provided.



Location: 7302 Cannock Rd, Houston, TX 77074
[Link to Cannock Address](#)

Time: 2 pm - 4 pm

I hope we see you there!



Socials

January 27th: The Station Seafood

THE STATION
s e a f o o d c o.

Trying New Things

The Station Seafood
Copperfield, 8604 Highway 6 North, Houston, TX 77095

This month LOAF is having our annual Seafood gathering at **The Station Seafood**. Due to several ladies falling and two of our members having their catalytic converters stolen from their vehicles, we will not be going back to Sudie's. Sorry ladies, it's time for a change and we like to mix things up. We have members out in this area as well. So come on out and bring in the New Year with style. RSVP to loafhoustonTX@gmail.com no later than January 24th.

Quote from their website: "Our delicious Cajun seafood menu has all the classics you love, from a Cajun seafood boil to Cajun shrimp and grits. We're an authentic po boys restaurant, serving our sandwiches on French bread fresh from the famous Gambino's Bakery in New Orleans. Order today and taste why The Station has the best seafood in Houston."

<https://ilovesthestation.com/>

ActiveLOAFers

December 9th: Pickleball Returns

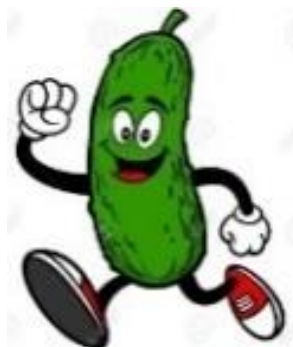


Sunday, Dec. 9, 2023
10 am – 12 pm.

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.

January 6th: Radiant Nature



Radiant Nature - Activity Level - Low
One Botanic Lane
Houston, TX 77017
Saturday, January 6, 2024 - 5:30pm

Radiant Nature at Houston Botanic Garden boasts more than 50 larger-than-life Chinese lantern installations come to life in stunning light displays that showcase the beauty of nature and celebrate the Lunar New Year. See a 200-foot-long dragon, a 12-foot-tall peacock, and much more. The trail is less than 1 mile and is wheelchair accessible. Visitors can be as active as they choose. Food and drink are available for purchase. Cost to LOAF members is \$10 due by 12/29/23. Zelle your payment to loafhoustonTX@gmail.com. LOAF will cover the remaining cost of the tickets. Click here for details and parking (\$5-\$10) information <https://hbg.org/series/radiant-nature/>

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.**



TheatreLOAFers

Current Performances

If you want to be added to the Theater group, send your info to Juliefmtl@gmail.com



Got a theatre you want included that I've missed...let me know, AND suggestions for a theatre outing are welcome too!

Here is what's happening in December and beyond.....

Alley Theatre – (<https://www.alleytheatre.org/>)
A Christmas Carol November 18- December 30

Pictures from Home January 19-February 11

AD Players (<https://www.adplayers.org/>)
A Texas Carol November 22- December 23

Steel Magnolia's January 24-February 18

Art Factory Theater (www.artfactoryhouston.com)
Into the Woods Dec 1- Dec 17

Cone Man Running Theater
(www.conemanrunning.com)
Surviving the Night Nov. 30-Dec 16

Ensemble Theatre (<https://ensemblehouston.com/>)
A Motown Christmas – Nov 17-Dec 24

The Piano Lesson January 26-February 25

Match (<https://matchouston.org/>)
please check website for a plethora of events

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

It Is Magic - February 9-March 2

Main St. Theatre (<http://Mainstreetheater.com>)
Disney's Beauty & The Beast Nov 12-Dec 23

Georgiana and Kitty Christmas at Pemberley - Dec 1- Dec 23

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

Please check website for a plethora of events

Mildred's Umbrella's (www.mildredsumbrella.com)
O:A Rhapsody in Divorce Jan 18-Feb 3

4th Wall Theatre (<https://www.4thwalltheatreco.com>)
Sense and Sensibility – Dec. 1-23

UH Moore School (<https://uh.edu/kgmca/box-office/>)
Twelfth Night February 23-29 March 1-3

Fefu and Her Friends March 1-3

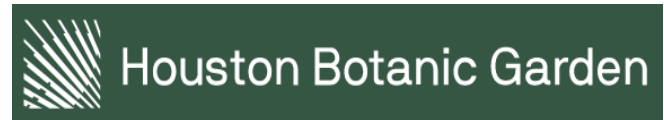
Urinetown March 29-April 1, 4-7

Rec Room (<https://www.recroomarts.org/>)
Peter Pan – Dec 7- Dec 30

Stages-(<https://stageshouston.com/>)
Panto Alicia in Wonderland December 1-31

Sister's Irish Catechism: Saints, Snakes and Green Milkshakes! January 26-March 17

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.

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.



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.

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, December 9th

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-December 3rd



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.



HWG, Sundays at 9:30 am

THE HOUSTON WOMEN'S GROUP is a diverse multi-generational feminist group for all women, that meets every Sunday at 9:30am 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: jeanvarsos@aol.com. with "Sign Me Up" in the subject line.

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

November 19th: Thanksgiving MnG/Social



WOTM @ Neon Boots



TheatreLOAFers, November 12th: Skin of Our Teeth



Janis, Annette and Julie at LOAF theatre outing at UH school of theatre & Dance for Thornton Wilder’s The Skin of our Teeth.

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/>



What Is Early-Onset Dementia?



When Bruce Willis' family announced in February 2023 that the actor had been diagnosed with [frontotemporal dementia \(FTD\)](#), it served as a reminder that dementia can strike some people earlier in life than we may expect.

A diagnosis of early-onset dementia can be an emotional and challenging experience. It is natural that you may have many questions and concerns over what the future holds, such as why did this happen? How do I recognize the symptoms? Where to turn to for help?

Here, we discuss some of the most common topics and attempt to answer questions about early-onset dementia.

What is early-onset dementia?

Dementia generally describes a [decline in mental health](#) often characterized by symptoms such as forgetfulness, a lack of reasoning, and language difficulties. Various diseases can cause types of dementia — for example, most of us have heard of Alzheimer's disease. However, this is just one of many possible causes of dementia.

Early-onset Alzheimer's is a less-common type of dementia that affects people under the age of 65 and accounts for around [5% to 6% of all Alzheimer's cases](#).

Though Willis' family has said he did not receive an official diagnosis of frontotemporal dementia (another type of dementia) until 2023, they apparently [noticed signs years earlier](#).

Recognizing the first signs of early-onset dementia

[Cognitive changes](#), such as memory loss, can happen over time but are often the [first indicators](#) of early-onset dementia, such as early-onset Alzheimer's. Frequently forgetting names, dates, and places and being unable to recall recent information is generally more serious and different from occasionally forgetting to water your houseplants and then remembering later on.

In addition to memory loss, a symptom of early-onset dementia may be a struggle to find the right words during everyday conversation, with a noticeable deterioration in communication skills for some individuals.

If routine tasks such as getting to the office on time, preparing lunch, or carrying out familiar work assignments [become increasingly difficult](#), it's likely time to seek help.

Understanding symptoms and getting the right help

Behavioral changes typically become more evident as the condition progresses. Withdrawing from social situations and being less interested in personal care, such as neglecting to take prescribed medicine, [can be common with early-onset dementia](#)

At the same time, [emotional changes](#) such as depression, apathy, and sudden mood swings can occur. Sometimes extreme irritability and feelings of hopelessness for no apparent reason can be clues to early-onset dementia.

The important thing to remember, however, is that with the right help from people who can offer compassion and understanding, [symptoms can be managed](#) to ensure the best quality of life.

An insight into possible causes of early-onset dementia

Researchers do not fully understand the cause of early-onset dementia. However, there are some factors that may contribute to the development of the condition.

One form of early-onset dementia is early-onset Alzheimer's disease. With this disease, it is thought that nerve cells in the brain are [being damaged by the buildup of two proteins](#), beta-amyloid and tau, resulting in cognitive problems.

While restricted blood flow to the brain can cause [vascular dementia](#), [frontotemporal dementia](#) refers more specifically to a decline in function of the front part of the brain, and generally tends to affect someone at a younger age than other types of dementia. In addition, genetics and other medical conditions may contribute to early-onset dementia, but the exact causes of it have not yet been determined. As research continues, it may lead to more potential treatment options.

Reach out for compassionate help and support

As worrying as a diagnosis of early-onset dementia can be, it is not a path you must walk alone. Remember to get help as soon as possible. Having access to all available resources — such as professional healthcare, local support groups, and mental health organizations — can tremendously impact your journey when living with the condition. These resources will help to ensure that the best physical, mental, and emotional care is available for you or your loved one.

If you have recently been diagnosed with early-onset dementia, spend time considering your work and speaking to your employer. Together with your family, [plan for the care you want and may need](#). Don't hesitate to seek expert advice if you have questions or need support.

Staying active and engaged in the process of getting care and support in the first stages of early-onset dementia will help you and the people closest to you better understand how to ease the challenges of living with the condition as time passes.

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.