



## From the President...

Dear LAW Members,

On March 19, 2020, I had a Spinal Cord Stimulator implanted into my back to help with back pain. I spent three days in the hospital.

Thank you to all of you that called, sent notes and cards and prayed for my good health. Thank you also to my husband, Jud. He was my excellent caretaker. I am so very proud of him. THANK YOU to all of you for your love and tender wishes. I am so much better.

Our household like yours is under shelter in place. Jud and I spend our days watching movies, reading, walking, Zooming with friends and family and taking naps. We, like you are waiting for May 1st to see if the Shelter in Place will be removed. If it is removed we can return to our normal lives. That means also that LAW activities will resume. At this time no one knows. Your LAW executive board will let you know if we will have our MAY Luncheon.

I hope each of you and your families have had a Blessed Easter and/or Passover. So many of us have not been with our families and truly miss our social contacts. I think so many of us have relearned how important our families and friendships are to each of us. Remember to tell your loved ones just that when this Shelter in Place is removed.

Yours in Friendship,  
Kathy Schleper,  
LAW President



## A Note from the V.P.

Greetings everyone from the Badgett home. I truly hope everyone is doing well. My husband, Roy, and I are still getting along. He has been put in 'time-out' a few times but behaving for the most part. He has always enjoyed working in the yard so I expect my flower beds are going to look better than they ever have in the past.

I've always loved visiting the local nurseries this time of year so I really miss that. Another thing I miss is all of your sweet faces! Hoping this is over so we can at least have the May or perhaps the June luncheons.

We will keep you posted in regards to these luncheons. My prayer during these difficult days is that you all stay healthy and that I will see you soon!

Brenda Badgett  
Vice President  
Programs

## Friends In Deed



Many thanks to Pat Reagan and her Friends in Deed team of Bev Mannen, Carole Keplin, Diane Burris, Vera Shelby and Pat Davis for stepping up again and delivering delicious meals to Susan Holt while she recovered from surgery in late February. You ladies rock and we so appreciate all you do!!

We would also like to thank all of the other team leaders Laura Archibald, Melody Brittain, and Carol Maak/Kathi Mays who were always ready to go whenever you were called on this last year. Along with all of the fabulous team members who helped brighten the days of our LAW members with such lovely meals. We are all blessed to live in a such a wonderful community of caring and giving women.

Unfortunately, Friends in Deed had to suspend food delivery in March for safety reasons, due to Covid19. We pray for everyone's safety and health and hope this all is over very soon.



**STAY  
HOME  
SAVE  
LIVES**

## Courtesy

Please, if you know of a member who is ill or has a family member pass away, let me know.

Contact LAW Secretary Pauline Geiselhart at pauliegeis@yahoo.com or call 281-793-4688 with any notifications.

Get well cards were sent to:

- ) Brenda Cooper ~ Heart attack
- ) Kathy Schleper ~ Back Surgery
- ) Elaine Collins

A condolence card was sent to Donna Matthews on the passing of her mother Catherine Bortnick.



7	Linda Bowser	18	Laurie McIntyre
3	Janet Wartenburg	19	Kimberly Monaghan
4	Fran Horn	19	Debbie Piercy
5	Linda Menger	20	Jeanne Dunagan
9	Pat Brownlee	22	Terry Gorman
9	Janie Ross	22	Maricela Rodriguez
11	Jennifer Teague	23	Fran Copland
12	Gloria Parker	26	Chloe Swain
13	Marion Collins	27	Connie Gilmore
13	Jo Keller	27	Jamelle Williams
13	Diana Malen	29	Lorraine Counts
14	Mary Ann Johnson	31	Brenda Badgett

## Tips from WebMD during the Covid-19 Pandemic

**DO** wash your hands for at least 20 seconds, several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing

**DON'T** touch your eyes, nose, and mouth. If you have somehow come into contact with the virus, touching your face can help it enter your body.

**DO** learn the symptoms, which are similar to flu and may not emerge until 14 days after exposure:

- Fever
- Cough
- Cough
- Shortness of breath

Most cases do not start with a runny nose.

**DO** practice "social distancing": Stay 3- to 6-feet away from other people, especially if they're coughing or sneezing. Avoid gatherings of more than 10 people -- the government has ordered them canceled nationwide anyway -- and crowds in poorly-ventilated spaces.

**DO** consider taking extra precautions and staying

out of public places if you're over 60 years old, or have a condition, as you have a higher risk of developing the disease. Note that as of now, the highest-risk groups appear to be seniors and people with preexisting conditions like heart disease, chronic respiratory diseases, and diabetes.

**DO** check in on high-risk neighbors: older adults and people with serious chronic medical conditions. Monitor their food and medical supplies, and make sure they have people or organizations who can help if they get sick. If you suspect you've been exposed already, maintain at least 6 feet of distance.

**DO** keep taking blood pressure medications. The idea that they may make you more susceptible to the virus is just a theory.

**DO** seek help early if you have a fever, cough, and a hard time breathing. But don't just drop into the nearest urgent care clinic. Call your doctor to find out the protocol first, to make sure you won't spread the disease to others.

