



LEOH (Life Enrichment of Houston)

April 18, 2019 **NEWSLETTER**



LEOH Membership: It's worth repeating from last week! We **WELCOME** these new members: Beverly Bernard, Martha-Lee Blakley, Kelly Cervenka, Antonio Garcia, Martha Garcia, Patricia Graham, Julie Larson, Jean McRae, Biff Perdue, and Suzanne Wessels.

Don't Forget Your Name Tag! We all need help learning (and remembering) who we all are!

Baked Potato Day was a success! Over 60 members signed up and enjoyed lunch. And wasn't that cobbler good? May 9th is our last session (Party Day), meaning another great catered lunch. Stay tuned for details.

LEOH Trips: The Port of Houston boat tour, lunch at Doneraki's, and Smither Park tour on April 16th may coincide with when this newsletter is published and emailed. So we will go ahead and say the trip was a smashing success and a lot of fun! **NOW mark your calendars for Wednesday, May 22nd;** It's time to start thinking about the trip to the George H.W. Bush Library at A&M. **REMEMBER:** If you sign up for this trip but cannot attend, let trip leader Jane Shinn know immediately (janeortim@aol.com), in case of a waiting list.

Book/Magazine/CD/DVD Exchange and Suggestion Box (in Fellowship Hall)

Borrow a book or magazine and/or a CD/DVD and return when done. Keep what you choose from a selection of note pads, cards, pens. Got an idea for a speaker, topic, trip, or way to make LEOH better? Put it in the suggestion box! The recycling bin is going away, since regular trash was mistakenly put in it last week. Instead, feel free to leave any clean paper on the lunch tables (such as this newsletter) for pickup and recycling.

THIS THURSDAY'S HAPPENINGS

- 9:00 a.m. **BASIC SPANISH CLASS (Room 131)** (taught by Maura Rodriguez, MD)
- 10:00 a.m. **WHAT'S UP, HOUSTON? (Parlor)** Kelly McCann, with the Houston-Galveston Area Council (HGAC), will discuss elder abuse, as part of the *Elder Justice Initiative*. HGAC is a voluntary organization of local governments in the 13-county Gulf Coast Planning Region of Texas. Kelly will explain the legal definition of elder abuse, ways to prevent it, and how to report it.
- 11:00 a.m. **TOWN HALL (Parlor)** Dena Marks, Associate Director, Anti Defamation League (ADL), will discuss the rise of anti-Semitism locally, as well as throughout the U.S., and globally. The ADL was founded in 1913 and is an international Jewish, non-governmental organization based in the U.S.
- 11:55 a.m. **YELLOW BUCKET DRAWING FOR FREE LUNCH (Parlor)** Is your name in the bucket?
- 12:00 p.m. **LUNCH (Fellowship Hall)**
Enjoy your choice of a Subway sandwich, chips, drink, and dessert for a mere \$3. Your donations are welcome, too! And take home any leftover Subway sandwich for the bargain price of \$2.
- 12:45 p.m. **Social Bridge (Fellowship Hall)** coordinator Jean Vorhaben
Year-Round Bridge (Room 125) coordinator Pat Roberts
- 1-3:30 p.m. **Watercolor Painting (Atrium Hall)** acclaimed instructor Marie Schaer

WHAT'S HAPPENING NEXT WEEK?!

- Monty Patch, AARP volunteer, offers a financial workshop for those of us over 50. Budgets, credit, debt, etc. are those stress-inducing issues he will tell us how to tackle successfully.
- Gary Cheema, PharmD, is the pharmacist and owner of Medic Pharmacy on S. Braeswood. He will tell us how independent pharmacies like his differ from the large chain pharmacies, such as CVS and Walgreens. We will learn about compounding medications, and how the independent pharmacy is all about counseling and building relationships with its customers.

TONY BENNETT (aka Anthony Dominick Benedetto), famous nonagenarian, said...

I think if you have a passion for what you do
then there are no limitations on how long or how much you can accomplish.

Questions in general about LEOH? Contact Ken Euler at ken@bethanyumc.org, or 713-664-5740.

If you need to contact the Bellaire UMC office, call 713-666-2167.

Check out the LEOH website at leohtexas.org and also Like us on Facebook!