



# LEOH (Life Enrichment of Houston)

## February 2021 Newsletter



**In Memoriam:** Unfortunately, we lost four members in 2020.

Olga Bennett

Ed Knight

Trula Meglasson

Wally Willey

(member/president emeritus)

### Coronavirus (COVID-19) Update

We hope everyone is continuing to stay safe and healthy. We know that early on during the pandemic, Sally and Harry Brashear contracted Covid and recovered successfully. More recently, Judy and Harry Bristol had the virus and successfully recovered, following treatment.

Thanks to Ken and Randall's, along with Bellaire UMC providing a safe space, Randall's pharmacy hosted a successful vaccination session in January. Those who signed up received the first dose of the Moderna vaccine, and are scheduled to receive the second dose Thursday, February 11th. Hopefully, vaccine rollout in our area will ramp up and be widely available soon.

Please notify Ken Euler and Jean Kopp if you or other LEOH members or family have been affected by Covid, or are currently experiencing other health issues of concern.

Jean is our **Member Care** person, and can send out an appropriate card if she is notified.

We are all in this together, and could use thoughts, prayers, and help from each other as needed.

You may reach Ken at [ken@bethanyumc.org](mailto:ken@bethanyumc.org), or Jean at [jskopp@cmkservices.com](mailto:jskopp@cmkservices.com).

Below are a couple of pics from the January vaccination session.



### LEOH Trips

Trip leader Ann Fairchild is optimistic that we can resume trips for those fully vaccinated, so has reserved a county bus for four future dates; Tuesday, **March 23**; Tuesday, **April 20**; Thursday, **May 13**; and Wednesday, **June 2**. She will be sharing more details and gauging our interest in the near future. She had some great trips lined up for 2020, so let's look forward to some great ones in 2021.

### Spring Session

We are on track to have our Spring meetings: Mark your calendars for these Thursdays: **April 8, 15, 22, and 29**, ending with **Party Time on May 6**. Classes will be virtual again, via Zoom and our Zoom Master, Debbie Hyink. Since the fall session was deemed a success, with good attendance and good speakers, we can look forward to the same success this spring. Please stay tuned for details. Once again, there will not be a registration fee; however, donations to offset LEOH administrative expenses are welcome and may be mailed or taken to Bellaire UMC in care of LEOH. So plan to enjoy the Zoom classes and your lunch afterwards in your own "safe space"!

**...and last but not least, What Has Everyone Been Up to Lately During the Pandemic?**

As we did for the last newsletter, you were asked to share your thoughts, plans, and activities, via an email to Vickie, for Newsletter publication. It's still a good way to keep in touch and hopefully not feel so isolated during these trying times. Please see your responses below.

**Dr. Maura Rodriguez** – Maura did not want to give up teaching her Spanish class to interested LEOH members, so she didn't! All her former "students" said YES to virtual classes. Maura and **Nina Quartero** have also exercised in the pool, and taken walks in Hermann Park. Maura has also been playing bridge with others via computer, as well as sharing emails with friends, including photos, inspirational readings, etc.

**Leon and Dot Ullrich** – They report that they haven't been up to much lately; however, since they have spent so much time in their house during the pandemic, they have discovered "new" items, which is surprising, considering they have lived there 65 years! They are very proud and thrilled with the birth of two great-grandsons, but for now have to be content to see them mostly in photos.

**Susan Graugnard** – Susan loved the LEOH trip to the rodeo last March, but then felt like the world came to an end with the pandemic! She decided she did not need to "spark joy" cleaning out closets or doing other constructive things, so has instead been enjoying TCM movies.

**Janet Knight** – Janet reports that she has been most concerned these past few months with self-care, getting lots of rest, and taking care of her house and cats. She has made time for quilting and gardening, including finishing a quilt for a new great-grandniece! She has also been enjoying her home-grown ruby red grapefruit.

**Jane Shinn and Tim Mock** – Tim is spending time on the computer, and Jane is exercising by walking almost daily and taking a Y class twice weekly. Jane is also calling various people weekly just to stay in touch.

**Vickie (Suzy) Fella** – Watching too much TV is at the top of the "activity" list. Reading a good book is still a must, and playing a few games daily on the computer has been (theoretically) good for the mind. Completing a "peace pole", aka "garden pole/totem", was enjoyable, so more are on the agenda. Jigsaw puzzles have also been a good diversion.

**Ken Euler** – Ken has been reading some books from our LEOH book cart, and of course staying busy with LEOH needs, such as setting up the vaccinations with Randall's. He lamented that for the first time since graduate school in Seattle decades ago, he celebrated Christmas without any family members around.

**Rosalie Thurbon** – Rosalie has been frequenting the Y for cardio (very intensive music) and stretching (calming, atmospheric music) classes. A bonus is the lemon grass leaves the stretching instructor provides for a wonderful tea. In between classes, Rosalie acts as a sort of personal shopper for two ladies who live in retirement communities. During her leisure time, she is enjoying streaming some TV shows, PBS Masterpiece, and news shows.

**Judy and Harry Bristol** – Their dog Corky makes sure Judy walks every day. When she can't get her 10,000 steps in outdoors, she exercises to the YMCA virtual 360 class for Seniors. She and Harry go out on errands, sometimes including a yoghurt run, to break up the monotony, and they spent a lot of 2020 at their lake house. They have a jigsaw puzzle exchange with other people, and after completion, the puzzles go to the Women's Shelter. They also cleaned out closets at the beginning of the pandemic, and now Harry is tackling getting rid of his stamp and baseball card collections.

**Tom and Sandra Williams** – They decided to do fun things, and not clean out closets! For starters, they became avid bird-watchers. They happily keep them fed, and have watched all their stages: nesting, new chicks, learning to fly, etc. And instead of watching TV at night, they have tackled jigsaw puzzles, even one with 1,500 pieces. Tom has also tutored all levels of math and physics at their house, his students are passing, and everyone has stayed well!

**Hanna Schwarze** – Hanna reports that she has watched too much TV, but has read many books and gone for (almost) daily walks. She has also Zoomed a lot with friends and family. On Sundays she and her daughter visit a museum and then make a brief stop in the Village for afternoon coffee and dessert. She enjoys the occasional trip to the grocery store or to Costco. She is very grateful to Ken for coordinating the vaccinations, and is looking forward to that second shot!

**And Now It's Time for a Little Church Humor**

Below is an actual excerpt from a weekly church "bulletin".

*"Don't let worry kill you off—let the Church help."*

LEOH questions/updates? Contact Ken Euler at [ken@bethanyumc.org](mailto:ken@bethanyumc.org) or 713-664-5740.  
Newsletter updates? Contact Vickie Fella at [vickiefella@sbcglobal.net](mailto:vickiefella@sbcglobal.net).