



LEOH (Life Enrichment of Houston)

October 14, 2021 Newsletter



WELCOME to the 4th meeting of the Fall Session! We are back in Fellowship Hall!



Safety First at LEOH

Measures have been taken to help provide a safe environment for our meetings, so please plan on attending! Randall's pharmacy provided the flu vaccine at last week's meeting. We look forward to the Moderna covid booster shot being officially approved, so Randall's may offer it to LEOH, hopefully before the end of the year. Stay tuned!

And Speaking of Safety First...

As a follow-up to our own LEOH member Jim Burrough's excellent presentation last week, Jim has recommended two websites for anyone wanting more information on emergency preparedness:

readyharris.org (preparation/resources) and ready.gov (making a plan for disasters/emergencies)

LEOH Trips — Trip Coordinator Ann Fairchild

This week's trip is to Orange, TX, to enjoy the Shangri La Botanical Gardens/Nature Center and Swamp & River Tour. Those who attend will no doubt be talking at the LEOH meeting about how much fun (and educational) it was!
Next up—November 2nd: Van Gogh Immersive Experience. Ann will be providing full details by email for signup. Direct any questions to her (fairann@sbcglobal.net or 282-686-1325), and also see future newsletters. Check out the LEOH website at leohtexas.org to see pictures/details of previous trips.

Book/Magazine/Puzzle Exchange and Suggestion Box

Borrow a book or puzzle, and return when done; keep what you choose from a selection of items such as calendars and magazines. The suggestion box is your opportunity to anonymously share your thoughts on LEOH, including trip, speaker, or topic suggestions. **Thank you** to those who are contributing their ideas to the suggestion box! Keep them coming!

THURSDAY, October 14 HAPPENINGS

10:00 a.m. WHAT'S UP, HOUSTON? (Fellowship Hall) **THE UNIVERSITY OF HOUSTON COLLEGE OF MEDICINE: GOALS AND MISSION**

STEPHEN J. SPANN, MD, MBA, Founding Dean, UH College of Medicine, will talk about the focus of the new college on educating a diverse group of primary care physicians.



11:00 a.m. TOWN HALL (Fellowship Hall) **THE IMPORTANCE OF RECOGNIZING AND ADDRESSING HEARING ISSUES**

ROSANGELA MOURA, AuD, Audiologist, The Center for Audiology, tells us that the key to staying youthful, engaged, and connected is to maintain hearing health. When we are proactive with our hearing issues, we can have a more enriched lifestyle as we age.



11:55 a.m. WEEKLY LUNCH DRAWING (Fellowship Hall)

On the first Thursday that a member attends, they will add their name to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person whose name is drawn will enjoy a free lunch.

12:00 p.m. LUNCH (Fellowship Hall)

This week, enjoy a change of pace: Choose between **Chili Bowl** with fritos, or **Chicken & Dumplings Soup** with crackers. And ice cream for dessert! All for \$5.

12:45 p.m. SOCIAL BRIDGE (Fellowship Hall) coordinator Jean Vorhaben

1:00 p.m. YEAR-ROUND BRIDGE (Room 131) coordinator Pat Roberts

1-3:30 p.m. WATERCOLOR PAINTING (Family Life Center/Gym) instructor Marie Schaefer

1-1:50 p.m. SPANISH CLASS (Room 139) instructor Maura Rodriguez



NEXT WEEK'S SPEAKERS: 10/21/21

10:00 a.m. Sandra Lord, Avocational historian and ghost author, will talk about the paranormal activity in Market Square Park!

11:00 a.m. Jason Culpepper, Publisher, *Community Impact Newspaper*, says that the local news provided in this newspaper addresses items of interest to residents of Bellaire, West University, and Meyerland.