



LEOH (Life Enrichment of Houston)

October 7, 2021 Newsletter



WELCOME to the 3rd meeting of the Fall Session!

We are once again temporarily meeting in the Family Life Center (gym).

Thoughts & Prayers Corner - Members who are currently battling health issues include

Sally Brashear, Delores Sugarek, and Rosalie Thurbon

THANK YOU — BUMC Associate Pastor Lataya Simpson

Associate Pastor Simpson has taken the time to stop by each week to chat and offer a blessing.

Vaccination Day at LEOH - Provided by Randall's Pharmacy

Flu Vaccination Day is here!

Get your annual vaccine, plus others if you wish, such as the tdap.

Save time that day by pre-registering online at the link Ken provided in his email (mhealthsystem.com/bellairemethodistchurch).

The shots will be available between **9:30-11:00**. Wear short/roll-up sleeves, and bring your completed registration form.

Remember, covid boosters **will NOT** be available this day.

THANK YOU, KEN, for coordinating with Randall's to provide these vaccinations.

LEOH Trips — Trip Coordinator Ann Fairchild

The next outing is **October 12**—Swamp & River Tour, and Shangri La Botanical Gardens/Nature Center in Orange.

This trip is fully booked and there is a waiting list. Please notify Ann (fairann@sbcglobal.net or **281-686-1325**) as soon as possible if you are booked for this trip but decide you cannot go, so someone on the waiting list may have the opportunity to go.

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 have contributed to the suggestion box thus far! Keep them coming!

THURSDAY, October 7 HAPPENINGS

9:30-11:00 a.m. FLU SHOTS (Room 139)

10:00 a.m. WHAT'S UP, HOUSTON? (Family Life Center) EMERGENCY MANAGEMENT PLANNING MODEL

JIM BURROUGH, LEOH member, will review this standard tool that guides personal planning for identifying and responding to hazards and risks.

11:00 a.m. TOWN HALL (Family Life Center) HATE AND ANGER IN OUR WORLD TODAY

DENA MARKS, Associate Director, Anti-Defamation League, asks: Can we heal racism and bigotry?

The ADA has addressed this issue since its founding, with the goal of ending all unfair and unjust criticism.

11:55 a.m. WEEKLY LUNCH DRAWING (Family Life Center)

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 (Family Life Center)

Enjoy a **Firehouse Sub**, along with chips, dessert (including an ice cream cup) and a drink, for \$5.

(Donations are still welcome, too, of course!)

12:45 p.m. SOCIAL BRIDGE (Family Life Center) coordinator Jean Vorhaben

1:00 p.m. YEAR-ROUND BRIDGE (Room 122) coordinator Pat Roberts

1-3:30 p.m. WATERCOLOR PAINTING (Family Life Center) taught by acclaimed instructor Marie Schaer.

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



NEXT WEEK'S SPEAKERS 10/14/21

10:00 a.m. Stephen J. Spann, MD, MBA, Founding Dean, UH College of Medicine, talks about the focus of the new college on educating a diverse group of primary care physicians.

11:00 a.m. 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 hearing issues, we can have a more enriched lifestyle as we age.