



# LEOH (Life Enrichment of Houston)

April 21, 2022 Newsletter



**WELCOME** to LEOH  
Fellowship Hall, Bellaire UMC



**Our new member list is now finalized (we think), and we are happy to welcome the following:**

Betty Baber, Jeanne Bauer, Eleanor Carosella, Doris Cleveland, Janiece Ferguson, Susan Granbery, Bill Grimes, Jay Hachen, Melissa Hachen, Daniel Jenkins, Barbara Kertz, Mary Roberts, Betty Seymour, Carolyn Weiss, and Rick Weiss.  
(Did we leave anyone out? We hope not; however, if we did, please let Ken know!)

## COVID Booster Shot Day is Here!

Randall's is currently scheduled to provide the vaccine between 12:45-2:00, in the Parlor.

The time may be extended, if more people sign up, so please let Ken know!

**IMPORTANT NOTE: Both Pfizer and Moderna boosters will be available!**

The health questionnaire (with more forms available this Thursday) should be completed **BEFORE** 12:45 Thursday. Ideally, those who have 1:00 classes should receive their booster first. And...don't forget to bring your CDC vaccination card and Medicare or other insurance card! Ken will provide another email update before Thursday if there are any changes everyone needs to be aware of, such as an available registration link.

## TODAY'S SPEAKERS



**10:00 a.m. WHAT'S UP HOUSTON:** Munish Chawla, MD, Co-Founder of Lifestyle Docs, explains that the mission of Lifestyle Docs is to empower individuals to become healthy in mind, body and spirit with a holistic approach.

**11:00 a.m. TOWN HALL:** Kaitlyn Frey, Program Manager, and/or Joshua Webb, Program Coordinator, Crime Stoppers of America, discusses what Crime Stoppers is all about and how it works.

## LUNCH AND AFTERNOON ACTIVITIES

**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)**

Enjoy a **Firehouse Sub**, along with a drink and 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 (Room 122)** instructor Marie Schaefer

**1-1:50 p.m. SPANISH CLASS (Room 123)** instructor Maura Rodriguez



**Subs on Board!**



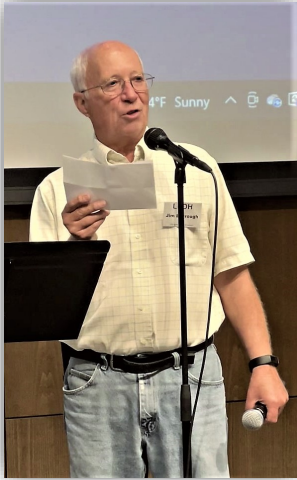
## NEXT WEEK: April 28, 2022

**10:00 a.m. WHAT'S UP HOUSTON:** Mary Cohrs, Director, City of Bellaire Library, tells of the beginning and early development of the Bellaire community and how it became a landlocked city (first of a series).

**11:00 a.m. TOWN HALL:** William B. Perkison, MD, MPH, Assistant Professor and Director, Southwest Center for Occupational and Environmental Health (SWCOEH), states that climate change is already having numerous health and social impacts on people, and new planetary record high temperatures will continue to make the threats worse. The resultant health effects are discussed as well as the most effective ways to prepare for them.



# LEOH April 14 MEMORIES



Jim Burrough introduced speaker  
**J Hunter Todd, Chair and Founding Director,  
55th Annual Worldfest Houston.**

Mr. Todd discussed the history of the film festival, the oldest independent one in the world, and its assistance in helping mold many (new then but now important) film makers. He also showed LEOH members an entertaining and moving film "short", and answered questions to help explain what goes into making a movie.

His presentation could not have been more timely: the *Houston Chronicle* ran a column on **Worldfest** in its Friday, April 15th edition. Worldfest runs April 20-24 at the Cinemark in Memorial City, 310 Memorial City Way, and is open to the public. Find out more at [worldfest.org](http://worldfest.org).



Judy Bristol introduced speakers **Ann Balthazar, Regional Disaster Preparedness Manager, American Red Cross**, and **Stephen Johnson**. They gave an overview of home safety, in particular fire safety, and responded to numerous audience safety questions and comments. We were reminded that the Red Cross is a non-profit humanitarian organization that provides emergency assistance and disaster relief, as they did during Houston disasters such as Hurricane Harvey.

Learn more and how you can help at [redcross.org](http://redcross.org).

## LEOH Trips — Trip Coordinator Ann Fairchild

**April 20: Edith Moore Nature Sanctuary.** Members can share what they enjoyed about the trip.

**Upcoming: Thursday, May 19: Houston Fire Training Academy**

**Wednesday, June 8: Houston Forensic Science Lab**

Ann will be sharing details on upcoming trips via email. You may contact her at [fairann@sbcglobal.net](mailto:fairann@sbcglobal.net) or 281-686-1325. Remember, you can check out the details/pictures of previous trips as well as other LEOH activities at our [leohouston.org](http://leohouston.org) website!

## 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 greeting cards and magazines. The suggestion box is your opportunity to anonymously share your thoughts on LEOH, including trip, speaker, or topic suggestions.

## LEOH Member Care Coordinator

**Jean Kopp** will send a card to a LEOH member or their family, upon request. Contact Jean at 713-665-7210.