



LEOH (Life Enrichment of Houston)

April 28, 2022 Newsletter



WELCOME to LEOH
Fellowship Hall, Bellaire UMC



ONCE AGAIN, WE WELCOME THE FOLLOWING NEW LEOH MEMBERS!

Betty Baber, Jeanne Bauer, Eleanor Carosella, Doris Cleveland, Janiece Ferguson, Susan Granbery, Bill Grimes, Jay Hachen, Melissa Hachen, Daniel Jenkins, Barbara Kertz, Debbie Latimer, Mary Laufe, Mary Roberts, Betty Seymour, Carolyn Weiss, and Rick Weiss.

(We think our new member list is at last complete; however, if your name was inadvertently omitted, please let Ken know!) We hope you are enjoying LEOH!

NAME TAG ALERT

Does everyone (new and old members) have their name tag?!

If you've looked everywhere and can't find it, or if it's handwritten, or you don't have one yet, please let Ken know by signing the sheet today at the registration desk.

TODAY'S SPEAKERS

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.



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



NEXT WEEK: May 5, 2022 - PLEASE NOTE—We will meet in the Gym, due to a scheduling conflict

10:00 a.m. WHAT'S UP HOUSTON: Rachel Folkerts, Farms Program Director, Plant it Forward, describes this Houston-based organization which empowers refugees to develop sustainable farming businesses.

11:00 a.m. TOWN HALL: Sally Davis, RN, MSN, Amazing Place, asks: Why is Healthspan more important than Lifespan? Strategies to improve cognitive health from fitness tips to brain healthy food to memory enhancement and stress reduction techniques are explored.

And looking ahead to our LAST WEEK: May 12, 2022 - **Party Time!**

We will enjoy a catered lunch, to include lasagna, and entertainment will be provided by **The Celtic Chorus of Houston**, with musical accompaniment. This sounds like it is not to be missed! Thanks to Mary Mahon for arranging the lunch and entertainment! Stay tuned for further updates from Ken during today's and next week's lunch announcements.



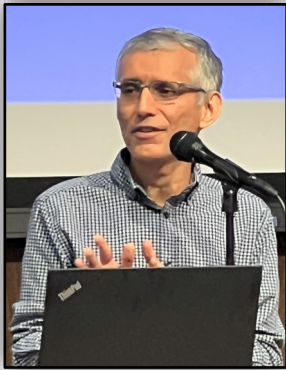
LEOH April 21 MEMORIES



San Jacinto Day at LEOH was very colorful! Ken and other members displayed lots of Texas red, white, and blue!



Thank you, Kitchen Crew, for beautiful themed table decorations!



Dr. Chawla explained that **Lifestyle Medicine** is a new medical specialty which uses evidence-based approaches to prevent, treat, and oftentimes reverse chronic lifestyle related diseases.

He discussed in great detail the effects of a poor diet as opposed to the benefits of proper nutrition.

He also emphasized the importance of managing stress, by exercise, mindfulness activities, and by simply getting more sleep.

Sydney Zuiker is the Director of the Safe Community Institute (SCI), part of **Crime Stoppers**, and focuses on public safety.

The SSI (Safe School Institute) works with students and staff to improve school safety.

She discussed the role of Crime Stoppers in solving and preventing crimes. Over 36,000 cases have been solved since its inception, thanks to the tip line.

Bail bond reform continues to be a "hot topic" for all involved.



COVID Vaccine Day Was a Success!

Many received their choice of either the Moderna or Pfizer vaccine. A big **THANK YOU** to Ken for scheduling the shots, and to Randall's for providing the shots.



LEOH Trips — Trip Coordinator Ann Fairchild

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 or 281-686-1325. Remember, you can check out the details/pictures of previous trips as well as other LEOH activities at our leohstexas.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.