



# LEOH (Life Enrichment of Houston)

May 5, 2022 Newsletter



## **WELCOME** to LEOH Meeting Today in the Gymnasium, Bellaire UMC

### **PLEASE NOTE THIS THURSDAY'S LOCATION CHANGES (INCLUDING POST-LUNCH CLASSES)!**

This Thursday only, we are meeting in the gymnasium, due to another event occurring in Fellowship Hall.

For our last get-together on the 12th, we will be back in Fellowship Hall for **Party Time**.

### **NEW LEOH MEMBERS**

**Welcome** to Irene Feist and Sandra Fuchs! Apologies for inadvertently omitting their names previously.

### **THOUGHTS AND PRAYERS CORNER**

Whitney Joseph, retired Bellaire UMC employee who always helped make sure LEOH's meeting needs were met, recently suffered a massive heart attack. His prognosis is not encouraging at this writing. You may recall that Whitney and his family lost a great deal in a house fire a few months ago.

### **THIS THURSDAY'S SPEAKERS**

**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.

### **LUNCH AND AFTERNOON ACTIVITIES**

**11:55 a.m. WEEKLY LUNCH DRAWING (Gym)**

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 (Gym)**

Enjoy a **Firehouse Sub**, along with chips, a drink, and dessert, all for \$5.

**12:45 p.m. SOCIAL BRIDGE (Gym)** coordinator Jean Vorhaben

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

**1-3:30 p.m. WATERCOLOR PAINTING (Gym)** instructor Marie Schaer

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



## **Party Time is Next Week—May 12th!**

For our last get-together, we will start with "coffee and conversation", as we view and appreciate the art our watercolorists created in class this session. In addition, anyone wishing to bring their own hand-made "crafty" type items for display are welcome to do so!

Following the art tour, we will be entertained by **The Celtic Chorus of Houston**. The Chorus is a non-profit, all-volunteer organization of singers and musicians, which seeks to preserve traditional Celtic folk and pub music. They are sure to be very entertaining and lively!

For lunch, look forward to lasagna with salad, a drink and dessert, all for \$10.

Watch your email for our last newsletter with further details!





# LEOH April 28 MEMORIES



Mary Cohrs, Director, City of Bellaire Library, discussed Bellaire's history during the early 1900's. We saw newspaper ads from that era touting Bellaire as an attractive place to live. Rice Institute was noted as the Harvard of the South; Bellaire was close to the major shopping district; and landscaping was a plus, particularly after Edward Teas founded Teas Nursery.

The Hurricane of 1915 and the Flood of 1919 were setbacks to Bellaire's prosperity and growth.

Learn more in an internet search by typing in "[Mary Cohrs](#)", then clicking on the link entitled "[Mary Cohrs—City of Bellaire](#)"



Each week we have enjoyed beautiful and interesting table décor.



Brett Perkison, MD, MPH, FACOEM, discussed the topic of Climate Change, Health, and Vulnerable Communities.

Heat-related illnesses, forced migration, and disease will take a toll as the earth continues to warm. How to cope with these changes was discussed.

The 2021 6th Climate Assessment Report is available to read on the web at [ipcc.ch/assessment-report/ar6](https://ipcc.ch/assessment-report/ar6)



## BOOK CART AND DISPLAY TABLES



**BORROW** a book or puzzle, and return when done. **TAKE FREE ITEMS** from the nearby display tables. There are **LOTS** of office supply type items, such as notepads, pens, and post-its, as well as **UNUSUAL** items!

And don't forget the ***Suggestion Box***, your opportunity to anonymously share your thoughts on LEOH,

## 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](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 [leohtexas.org](http://leohtexas.org)

## 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.

## LEOH Questions?

Contact Ken Euler at [ken@bethanyumc.org](mailto:ken@bethanyumc.org) or 713-664-5740. If you need to contact the Bellaire UMC office, call 713-666-2167. And check out our LEOH website at [leohtexas.org](http://leohtexas.org)