



# LEOH (Life Enrichment of Houston)

October 13, 2022 Newsletter



**WELCOME to LEOH - Our 42nd Year!**  
**Fellowship Hall, Bellaire UMC**



## MORNING ACTIVITIES AND SPEAKERS—FELLOWSHIP HALL

**9:30 a.m. REGISTRATION, NAME TAGS** anyone? Registrations forms are still available, and the name tag box is always available for those picking up their tags on the way in, and when exiting LEOH.

**VACCINATION DAY was a big success!** Thanks so much to Randalls pharmacists *Chi Ngo-Chen* and *Kyras Offet* for their expertise and patience as everyone filed through. Many LEOH members, plus Bellaire UMC Pastor Seann Duffin, Director of Student Ministries Jordan Payne, and the teachers of the church School for Little Children, added up to a total of 71 vaccinations!

**LUNCHTIME PRAYER/WORDS OF INSPIRATION SIGN-UP** pad will continue to be available for anyone who wishes to offer a prayer or inspirational thought(s) just prior to lunch on a LEOH meeting day. Please check the sign-up pad for available slots—weekly volunteers are still needed!

**Bellaire UMC pastor Seann Duffin** offered a prayer last week. **Julie Larson** will do the same this week.

**REFRESHMENTS (coffee, tea, snacks)** are available to everyone.



**YOUR SERVICE PROJECT DONATIONS** of boxes of 4-sleeve crackers and 16-oz jar of peanut butter for **ROM (Residents of Midtown)** were a great success! Service Project Coordinator Patsy Frederick reported that 46 jars of peanut butter and 36 boxes of 4-sleeve crackers were collected. **THANK YOU to those who contributed!**



**10:00 a.m. WHAT'S UP HOUSTON?** Arthur "Tim" Garson, MD, Clinical Professor, UH College of Medicine, discusses the use of telemedicine (devices such as video or phones) and its usefulness in the practice of medicine.

**11:00 a.m. TOWN HALL:** Sondee Chalcraft, Vice President of Development, SEARCH Homeless Services, says that for over 30 years, SEARCH has been serving the homeless with compassion, dignity, and respect. SEARCH helps them to rebuild their lives and hopefully break the intergenerational cycle of poverty.

## LUNCH AND AFTERNOON ACTIVITIES

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

On the first Thursday that a member attends, they should 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. Last week's winner was **Ida Cuellar!**



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

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and ice cream cup! All for \$7.



**12:45 p.m. SOCIAL BRIDGE (Fellowship Hall)** coordinator Paula Koehn

**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



## SUGGESTIONS NEEDED, PLEASE!

For your convenience, a note pad and pen/pencil will be on each table this week, and every week, to write down your ideas for future speakers, topics, and trips, as well as your thoughts on how to make LEOH better! Please fold them in half and leave on the table for pick-up following lunch. **We received several suggestions last week. They are appreciated— please keep it up!**





## WEEK THREE (10/6/22) MEMORIES



LEOH President Ken Euler introduced **Sarah Pella, DVM**, of Meyerland Animal Clinic. Dr. Pella discussed the variety of health issues of pets, and available treatments. We learned that there are new and improved treatments for some of the more common ailments, such as heartworm and arthritis. She also stressed the importance of the bond between pets and their owners, which benefits both.



Vickie Fella introduced **Marci Sharif**, **Houston Chronicle** columnist and yoga and meditation instructor. Marci began by explaining that her path to self-care and wellness began due to a destructive relationship. She led us through some meditative deep-breathing exercises, and elaborated on tools for self-care and its benefits. For those of us interested in Marci's cookbook, the title is "Nourishing Your Whole Self: A Cookbook with Feelings"



Angela and Janet (and many others) were happy to receive vaccinations!



Mary and Bill were busy early in the morning, setting up the tables for morning refreshments.



Lots and lots of peanut butter and crackers!

### NEXT WEEK'S SPEAKERS—October 20, 2022

**10:00 a.m. WHAT'S UP HOUSTON?** Joe Powers, President, Houston Beekeepers Association, will inform us on the Association's encouragement and promotion of beekeeping throughout the Houston Metro area.

**11:00 a.m. TOWN HALL** Lauren Stadler, PhD, Assistant Professor, Department of Civil and Environmental Engineering, Rice University, works closely with the Houston Health Department. She will discuss the "wastewater-based epidemiology system". Rice and the Health Department were at the forefront in tracking covid, and now deal with monkeypox, polio, and whatever comes next.

## WEEKLY REMINDERS

### LEOH Trips — Trip Coordinator Ann Fairchild

**Upcoming: Friday, October 21st: A trip by Precinct One bus to visit BAPS Swaminarayan Mandir, Stafford.**

The trip will also include a stop for lunch, followed by a Hindu workshop back at the Church Parlor.

There may be a waiting list, so please contact her at [fairann@sbcglobal.net](mailto:fairann@sbcglobal.net) or **281-686-1325** if you are interested.

Remember, you can check out the details/pictures of previous trips as well as other LEOH activities at our [leohtexas.org](http://leohtexas.org) website!

### Book/Magazine/Puzzle Exchange/Etc. Etc.

Borrow a book or puzzle, and return when done; keep what you choose from a selection of items, including greeting cards, calendars, and magazines.

**COMING ATTRACTIONS!!!** Check the tables for some unusual and interesting items, beginning this week!



### LEOH Member Care Coordinator

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