



# LEOH (Life Enrichment of Houston)

October 6, 2022 Newsletter



**WELCOME to LEOH - Our 42nd Year!**  
**Family Life Center (Gym), Bellaire UMC**



## Welcome to Week Three of LEOH!

Registration is winding down, so a complete list of all members, new and "old" will be available soon to members who would like to have one!



## Name Tags

Once more, a reminder to everyone to please wear your name tag, so we can all know "who's who"!



## MORNING ACTIVITIES AND SPEAKERS—IN THE FAMILY LIFE CENTER (GYM) UNLESS OTHERWISE NOTED

9:30 a.m. **REGISTRATION** for new (and old) members continues.

**VACCINATION DAY IS HERE (Room 136)!** Randall's pharmacists will begin vaccinating everyone who signed up. Please arrive at your designated time, with your completed consent form and vaccination card(s)/insurance/Medicare.

**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—volunteers are still needed! **Joe Frederick** offered a prayer last week. **Mary Mahon** will do the same this week.

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

**YOUR SERVICE PROJECT DONATION** of a box of 4-sleeve crackers and 16-oz jar of peanut butter will be welcomed by Patsy Frederick, for distribution to **ROM (Residents of Midtown)**. This is a worthy endeavor to assist our homeless veterans and others. Ask Patsy for details, or about other ways to help!



10:00 a.m. **WHAT'S UP HOUSTON?** Sarah Pella, DVM, Veterinarian at the Meyerland Animal Clinic, will discuss veterinary medicine, new treatments, and the special bonds of pets and owners, especially seniors.



11:00 a.m. **TOWN HALL: Marci Sharif, Columnist, Houston Chronicle**, states that the best indicator of our health and wellness is how we think, not just our diet and exercise. Marci teaches yoga and meditation and shares her lessons and experiences—what works and what does not. We need to get out of our own way—as in "out of your mind—the best way to be".



## LUNCH AND AFTERNOON ACTIVITIES

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

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 **Betty Seymour**! Good luck and bon appetit!



12:00 p.m. **LUNCH (Family Life Center)**

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



12:45 p.m. **SOCIAL BRIDGE (Family Life Center)** 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.





## WEEK TWO (9/29/22) MEMORIES



*What's Up Houston* speaker committee member Kelly Cervenka introduced **Frances Bock**, Master Gardener, Harris County Master Gardeners. We learned about proper use of different soil types, and how to prepare and use a variety of containers, such as grow bags. She also had a few free samples of plant cuttings available for members!



Town Hall speaker committee member Judy Bristol introduced **Janis Teas** (of Bellaire's own Teas family), Inspector, TX Dept. of Agriculture. We learned a great deal about the tasks of the Department, and her role as an inspector. Inspections for invasive species include florists, nurseries, transport trucks, etc. Personal residences may also be inspected and trees cut down as needed, due to harmful diseases that can spread to many other plants and trees. Janis also brought some freebies for everyone!



Ken announced details on the upcoming vaccinations



Patsy explained the food donation needs for the LEOH service project for ROM (*Residents of Midtown*)



Treasurer Rosalie is at her post, prepared to handle lunch payments and donations, while Jane is taking care of some registration duties.



The "kitchen crew", as usual, had lovely table settings. This time they included colorful examples of Mary Mahon's crocheting skills!

### **NEXT WEEK'S SPEAKERS—October 13, 2022**

**10:00 a.m. WHAT'S UP HOUSTON?** Arthur "Tim" Garson, MD, 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.

### **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.

Ann will share further details in person and by email to anyone interested in this trip.

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 [leohtexas.org](http://leohtexas.org) website!

### **Book/Magazine/Puzzle Exchange**

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

### **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.