



# LEOH (Life Enrichment of Houston)

September 28, 2023 Newsletter



**WELCOME to LEOH - Our 43rd Year!**  
Fellowship Hall, Bellaire UMC



## WELCOME TO ALL!

We continue to welcome our new members!



New members are receiving their name tags. All members may pick up their name tags at the registration table on the way in, and drop them off as they exit. A new tag can be issued to anyone who has lost or misplaced their tag.

*A reminder—please wear your name tag, for ease of identification to everyone around you!*

## MORNING ACTIVITIES AND SPEAKERS

**9:00 a.m. REGISTRATION** for new (and old) members continues in the **Welcome Center**.

**VACCINATIONS** will be available in the **Parlor** until **11:00 a.m.** Prior to Thursday, please review information available to you regarding the various vaccines, to assist you in determining which vaccine(s) you wish to receive now, and which ones you may choose to receive at a later date, at a location of your choice. Vaccines available include Flu, Pneumococcus, Covid, Tetanus, and RSV. Please bring your ID, covid vaccination card (if receiving a booster shot), and Medicare card. And don't forget to wear appropriate clothing for upper arm access!



**LUNCHTIME PRAYER/WORDS OF INSPIRATION** A pad will be available for anyone who wishes to offer a prayer or inspirational thought(s) just prior to lunch (please contact VP Mary Mahon).

Bellaire UMC pastor Seann Duffin offered a blessing last week.

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

**10:00 a.m. WHAT'S UP HOUSTON? Leo Brito, Owner, Zero Waste Houston**

discusses reducing consumer waste by diverting much solid waste to composting, especially by separating food scraps.



**11:15 a.m. TOWN HALL: Cathy Podell, Owner, Houston Asiatown Tours,**

informs us about the Asian Community in Houston, to create awareness of this culturally vibrant and diverse community.

## LUNCH AND AFTERNOON ACTIVITIES

**12:15 p.m. WEEKLY LUNCH DRAWING (Fellowship Hall)**

On the first Thursday of attendance, members will add their names 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 Jim Burrough!

**LUNCH (Fellowship Hall)**

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and extra dessert (ice cream)! 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 Schaer

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



## LEOH SERVICE PROJECT!



Our last speaker for this Fall session of LEOH will discuss the goals and needs of the organization *The Landing*. They provide respite, support, and resources to local survivors of human trafficking and commercial sexual exploitation.

Each Thursday through November 2nd, please consider donating to this worthy organization. These survivors are in particular need of underwear (such as sports bras and panties) and other inexpensive articles of clothing. Monetary donations are also very welcome, to assist *The Landing* in purchasing needed items.

Please bring clothing items to LEOH any Thursday, for storage in room 124. If donating money, please donate any Thursday before or at the time you pay for lunch. Direct any questions to Judy Bristol, coordinator for this worthy service project.



# LEOH MEMORIES

## September 21, 2023



### ANNOUNCEMENTS

LEOH President Ken Euler welcomed everyone back for the 2023 Fall session.

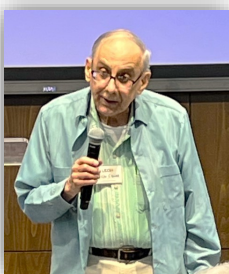
Vice-President Mary Mahon reminded everyone of **Party Time** on November 9, the last get-together for our Fall session of LEOH. Many members have already pre-paid the non-refundable fee of \$12 for lunch with all the trimmings, being catered by *Old Hickory Inn*.

A sign-up pad will be circulated in the coming weeks for your choice of turkey or beef BBQ, and Treasurer Rosalie Thurbon will be happy to receive your \$12 payment, if you have not yet paid.

Judy Bristol reminded everyone of our Fall Service Project, clothing and money donations for **The Landing**.



Cassandra Dahnke of the non-profit *Institute for Civility in Government*, described their work to instruct others in using process, not positions. Her talk was enlightening and occasionally humorous, when giving examples of their work. She has co-authored a book, "Reclaiming Civility in the Public Square - 10 Rules that Work".



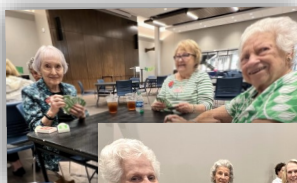
President Ken Euler welcomed new and "old" members.

Ashley Zustovich of *Child Advocates* discussed their role as court-appointed volunteers who advocate for children in foster care. They work with relatives, judges, CPS, teachers, etc. to ensure the best outcome for each child.

She shared a brief but moving video of a foster child and volunteer who successfully worked together at length, to ensure the child graduated from high school and is now looking forward to a bright future.



Lunch! A time to enjoy food and fellowship!



Back to the social bridge tables, and watercolor class!

### NEXT WEEK'S SPEAKERS: October 5

**10:00 a.m. WHAT'S UP HOUSTON?** Melissa Turnquist, Associate Director, Texas Center for the Missing, provides an overview of their services. They provide Emergency Alert Activation for both AMBER alerts and SILVER alerts.

**11:15 a.m. TOWN HALL:** Sara Martinez, VP, and Katina Baldwin, Director of Development for Coalition for the Homeless, explain how a consortium of 60 non-profits are working to rehabilitate and relocate the Houston homeless. The goal is to move the homeless into permanent housing with supportive services.

## WEEKLY REMINDERS

### LEOH Trips (including stops for lunch) — Trip Coordinator Ann Fairchild

**Tuesday, October 3: University of Houston**, by Precinct One bus, to enjoy a walking plus bus tour of the architecture and art.

**Friday, November 10: ABC Channel 13**, by individual car (carpooling encouraged) to tour the newsroom and broadcast studios.

Ann will share further details by 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 [leohtexas.org](http://leohtexas.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, magazines, and (occasionally) knick-knacks. The suggestion box is your opportunity to anonymously share your thoughts on LEOH.

### LEOH Member Care Coordinator

LEOH member **Kelly Cervenka** will send a card to a LEOH member or their family, upon request.

Contact Kelly at [kcervenka39@gmail.com](mailto:kcervenka39@gmail.com), or 281-814-6721.

**LEOH Questions?** Contact Ken at [kenleoh23@gmail.com](mailto:kenleoh23@gmail.com), or 713-664-5740. If you need to contact the Bellaire UMC office, call 713-666-2167. And check our website [leohtexas.org](http://leohtexas.org)