



LEOH (Life Enrichment of Houston)

October 19, 2023 Newsletter



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



WELCOME, EVERYONE!

Members can 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.

Please wear your name tag, for ease of identification to everyone around you!

The membership log will be available for your review at the registration table this week.
Please review your information for accuracy, and let Ken know of any errors.



MORNING ACTIVITIES AND SPEAKERS

9:30 a.m. REGISTRATION for new (and old) members continues in Fellowship Hall.

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).

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



10:00 a.m. WHAT'S UP HOUSTON? Katherine Samuel, Southeast Texas Regional Advisory Council (SETRAC), discusses this coalition of providers, responders, and health care partners striving to save lives and improve health outcomes.



11:15 a.m. TOWN HALL: Diane Nguyen, Program Director, Houston Better Business Bureau, talks about the many scams directed at seniors, and what is being done about it. The Texas Senior Medicare Patrol volunteers work to stop Medicare fraud.

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 Nina Quartaro!

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 Schaefer

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



Ann Fairchild will continue to have these wallet-size and refrigerator holders with medical cards available for members at the registration table, for a cost of \$1 each. The cards provide invaluable information to medical personnel in case of an emergency, whether at home or while out and about. She noted that first responders are trained to check the front of refrigerators in homes for emergency information. **NOTE:** Completing the forms in pencil is recommended, in case information (such as prescriptions) changes. It is recommended that you review your card every 6 months.

FILE OF LIFE.

WE CONTINUE TO COLLECT CLOTHING AND MONETARY DONATIONS FOR OUR FALL LEOH SERVICE PROJECT

It's inching ever closer to **November 2!** Our Town Hall speaker that day will discuss the goals and needs of the organization *The Landing*, which provides respite, support, and resources to local survivors of human trafficking and commercial sexual exploitation.



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.



Clothing items may be brought to LEOH any Thursday, for storage in room 124. Money donations will be accepted any Thursday before or at the time you pay for lunch. Direct any questions to Judy Bristol, coordinator for this service project.

To those who have already contributed—THANK YOU!

LEOH MEMORIES—October 12th

Vice-President Mary Mahon reminded everyone again of **Party Time** on **November 9th**, the last get-together for LEOH's Fall session. Enjoy BBQ turkey or beef with all the trimmings that day, catered by *Old Hickory Inn*.

Mary then introduced the following:

Ken Euler elaborated on the upcoming Herb Fair put on by the Herb Society of Houston.

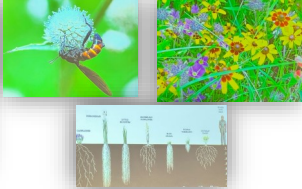
Ann Fairchild reminded members once again of the **FILE OF LIFE**. Purchase them for \$1 each from Ann at the registration table.

Judy Bristol described the services offered by *The Landing*, our Fall service project.

Lynn Mayfield expressed her thanks for what LEOH offers, and offered a reading, followed by **Mary Mahon's** blessing.



Della Barbato, Director of Education, Native Prairie Association of Texas, discussed the important role that prairies play in our ecosystem.



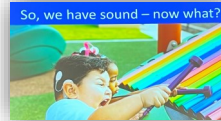
The 51-acre Lawther-Deer Park Prairie Reserve is located in the heart of Deer Park. It has over 400 different plant species, with 370 of those being native. Of all plant species, 1 in 5 are at risk of extinction, largely due to loss of pollinators. Della shared many beautiful photos of a variety of plants and animals that contribute to the health of this ecosystem. She explained that many native plants have very deep roots (15-30 feet for some). For this reason, in extreme weather (such as freezes and droughts), the roots survive and allow the plants to thrive again. These roots also contribute to good drainage to help prevent flooding, as well as improve water quality, and also anchor the soil.

Find out more online at texasprairie.org.



Janet Knight offered free pin cushions to interested members. Very cute, from a talented seamstress, and quickly snapped up!

The "kitchen crew" continues to amaze with its talents!



Kyle Swift, CEO of Texas Hearing Institute, a United Way agency, described the many services they provide to pediatric patients with hearing loss.

We learned that hearing loss is our nation's most common birth defect (3 of 1,000). In Texas alone, 2-3 newborns per day are born with hearing loss.

The incidence of hearing loss triples by school age. Common causes of hearing loss developed during childhood include chronic middle ear infections, head trauma, and exposure to loud noise.

Hearing aids and cochlear implants are the starting point for improved hearing; however, specialized one on one training with children is key to ensuring that they can communicate, once they can hear.

Learn much more online at texashearing.org.



NEXT WEEK'S SPEAKERS: October 26

10:00 a.m. WHAT'S UP HOUSTON? Rod Stoveken, Committee Member, Houston Livestock Show & Rodeo (HLSR), presents the five events selected as fan favorites at RODEO HOUSTON.

11:15 a.m. TOWN HALL: Joshua Cools, Director of Business Development, Trauma Service Line, Memorial Hermann Life Flight, refreshes our memories on the beginnings of Life Flight, the services they provide, and the latest technological advances that are saving even more lives.

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

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 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 website!

WEEKLY REMINDERS

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.

Money Matters!

LEOH accepts personal checks and cash, but cannot accept credit/debit cards for payments. Payments for exact amounts are always welcome, and speed up the process when waiting in line!

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, or **281-814-6721**.