



LEOH (Life Enrichment of Houston)

October 5, 2023 Newsletter



WELCOME to LEOH - Our 43rd Year!
Family Life Center (Gym), 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.

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

This week only, most activities will take place in the Family Life Center (Gym). Parking may be a challenge, due to another event taking place in the same time period. Ample parking is available in the large lot across Newcastle, as needed.



MORNING ACTIVITIES AND SPEAKERS

9:30 a.m. REGISTRATION for new (and old) members continues in the **Family Life Center**.

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).
 Mary offered inspirational words and a blessing last week.

REFRESHMENTS (coffee, tea, snacks) are available to everyone in the Family Life Center.



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, 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.

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 Eraina Willey!

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 (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



FILE OF LIFE.

Following lunch, Ann Fairchild will once again 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.

LEOH SERVICE PROJECT REMINDER!



Our speaker on November 2 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.

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.

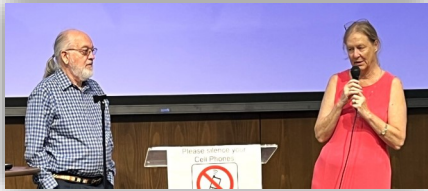
Clothing items may be brought to LEOH any Thursday, for storage in room 124. Money donations will be accepted any Thursday before or at the time you pay for lunch. Direct any questions to Judy Bristol, coordinator for this worthy service project.

To those who have already contributed—THANK YOU!

LEOH MEMORIES—September 28th

Vice-President Mary Mahon reminded everyone again of **Party Time** on **November 9th**, the last get-together for LEOH's Fall session. 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, for you to choose either turkey or beef BBQ. **Treasurer** Rosalie Thurbon will be happy to receive your payment, if you have not yet paid.

Mary then introduced **Ann Fairchild**, who described the **FILE OF LIFE**, a wallet holder and refrigerator holder, both of which store your important medical information, for use by first responders in case of emergency. **Each are \$1**. Interested members purchased them from Ann at the registration table, following lunch.

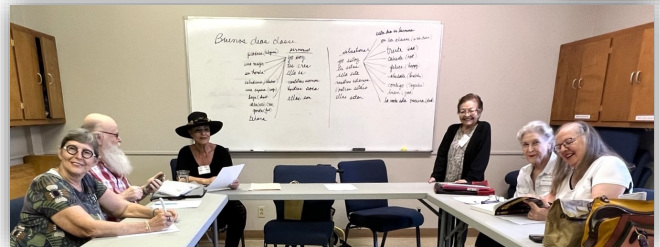


Cassandra Dahnke of the non-profit *Institute for Civility in Government*, our speaker from the previous week, returned with additional books for sale, along with her co-founder and co-author Tomas Spath. Our scheduled 10:00 speaker had to cancel after contracting covid. Luckily, Cassandra and Tomas filled the gap with more information plus interesting anecdotes.

Cathy Podell, owner, Houston Asiatown Tours, discussed this vibrant, diverse community. She described some of the ways we can support Asiatown, such as eating at local restaurants, helping celebrate Asian holidays, hosting cultural workshops, and participating in a variety of Asiatown tours.



Vaccination Time! Thank you, Randall's pharmacy staff!



Students and teacher are enjoying Spanish class! Apologies go to them for inadvertently omitting the class information from last week's newsletter!

NEXT WEEK'S SPEAKERS: October 12

10:00 a.m. WHAT'S UP HOUSTON? Della Barbato, Director of Education, Native Prairies Association of Texas, facilitates student and adult programs, teacher workshops and field trips.

11:15 a.m. TOWN HALL: Kyle Swift, CEO, Texas Hearing Institute, a United Way agency, describes the comprehensive services offered to pediatric patients with hearing loss, changing their lives by giving them the gift of sound and communication.

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 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. Cash 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.