



# LEOH (Life Enrichment of Houston)

October 26, 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 is *finally finalized* (maybe), after members had the opportunity last week to review a draft copy. Copies will be available at the registration table this week.

## MORNING ACTIVITIES AND SPEAKERS

9:30 a.m. **REGISTRATION** is still available 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?** 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.



## 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 Susan Downs!

**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



**FILE OF LIFE.**

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.

## OUR FALL LEOH SERVICE PROJECT

Our Town Hall speaker on November 2nd 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 and monetary donations may be brought to LEOH this Thursday and November 2nd, before or at the time you pay for lunch. Direct any questions to Judy Bristol, coordinator for this service project.

**LEOH members have been very generous thus far! To those who have already contributed—THANK YOU!**

# LEOH MEMORIES—October 19th

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 offered a blessing, prior to lunch.



Speaker Katherine Samuel



From their website, [setrac.org](http://setrac.org):

"The mission of SETRAC (Southeast Texas Regional Advisory Council), is to develop and sustain a powerful coalition of providers, responders, and other healthcare-related partners united together to save lives and improve health outcomes through research, education, and collaboration."

There are 22 Trauma Service Areas (TSA) in Texas. We are in TSA-Q, comprised of 9 counties. The focus is on partnering with care providers such as hospitals and EMS agencies to develop, train, prepare, and respond to all hazards that could affect the medical infrastructure. Emphasis is on injury prevention and standards of care for trauma, stroke, cardiac events, perinatal, and pediatrics.

CMOC (Catastrophic Medical Operations Center) is located within Houston TranStar. Somewhat recent events, which utilized the combined efforts of these agencies, include the 2016 Tax Day Flood, Hurricane Harvey in 2017, Covid-19, and the very recent Deer Park tornado.

Janet Knight brought more free pincushions for interested members. Thank you, Janet!



Speaker Angel Hamzik of the Houston branch of the Better Business Bureau (BBB), discussed scams directed specifically at seniors. Their mission is to assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

What do scammers want? Money, gift cards, credit card info, bank account numbers, SSN, Medicare number, and date of birth.

Spoofing scammers use software to disguise their number when calling. They may claim to be from Medicare, or claim that a family member has an emergency, or even claim that you've won the lottery—the list goes on—all to solicit personal information/money from you. Beware of a caller who asks you to state your name, or asks if you are "so-and-so". They may be recording you, so never state your name or say "yes". They may also obtain personal info through social media.

Help stop scammers and fraud in general by reporting incidents to [BBB.org](http://BBB.org). If you suspect Medicare fraud, contact your provider. Other types of fraud can be reported to the Federal Trade Commission at [reportfraud.ftc.gov](http://reportfraud.ftc.gov).

Find out more on the Senior Medicare Patrol website, [smpresource.org](http://smpresource.org).

## **NEXT WEEK'S SPEAKERS: November 2nd**

**10:00 a.m. WHAT'S UP HOUSTON?** Gerry Aitken, Speakers Bureau, Houston Museum of Fine Arts, discusses the "Art of the American Southwest: Bluebonnets, Blankets and Battles".

**11:15 a.m. TOWN HALL:** Shani Bacy, Chief Program Officer of *The Landing*, discusses their role in providing respite, support, and resources to help survivors in our area (particularly along the "Bissonnet track") of human trafficking and commercial sexual exploitation.

## WEEKLY REMINDERS

### **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](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.

### **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](mailto:kcervenka39@gmail.com), or **281-814-6721**.