



LEOH (Life Enrichment of Houston)

November 2, 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!

MORNING ACTIVITIES AND SPEAKERS

- 9:30 a.m. REGISTRATION TABLE** Copies of the Fall 2023 membership list are available at the registration table.
LUNCHTIME PRAYER/WORDS OF INSPIRATION Please contact VP Mary Mahon if you wish to offer a lunchtime prayer or inspirational thought(s).
REFRESHMENTS (coffee, tea, snacks) are available to everyone. 
- 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, *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.

OUR FALL LEOH SERVICE PROJECT—THE LANDING



This Thursday is the final day to contribute money or clothing to this worthy organization!

These survivors are in particular need of underwear (such as sports bras and panties).

Following Shani Bacy's *Town Hall* presentation, Judy Bristol, coordinator for this service project, will present Ms. Bacy with a check for the total amount of monetary donations received, (which will include any cash received this Thursday), along with the donated articles of clothing.

THANK YOU, LEOH MEMBERS, FOR YOUR GENEROSITY!

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 Kevin Kinsella! NOTE: This will be our last week of drawing for a free lunch!
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



PARTY TIME IS JUST AROUND THE CORNER!

It's been another great Fall for LEOH meetings!
 Please see the reverse side of this Newsletter for a few details
 on what to expect at Party Time on November 9th!



LEOH MEMORIES—October 26th

Before offering a blessing before lunch, **Vice-President Mary Mahon** reminded everyone again of **Party Time** on **November 9th**.

Enjoy BBQ turkey or beef with all the trimmings, catered by *Old Hickory Inn*.

Prior to Party Time lunch, our watercolor class will display their artwork, and members will enjoy entertainment by Teresa Ragland. Our member volunteers and church staff will also be recognized for what they do to provide everything that LEOH has to offer. Watch for complete details in next week's newsletter!



Houston Livestock Show & Rodeo (HLSR)

Rob Stoveken, Committee Member, HLSR, discussed its mission statement, which encompasses their 4 pillars: "HLSR promotes agriculture by hosting an annual, family-friendly experience that educates and entertains the public, supports Texas youth, showcases Western heritage, and provides year-round educational support within the community."

He described in detail and showed videos of the 5 "fan favorite" rodeo events. Everyone greatly enjoyed the videos, particularly the two events with kids as participants. We also learned more about the skills required to be successful in each event. The events are: Barrel racing; Bull riding; Calf Scramble; Chuck Wagon Races; and Mutton Bustin'.

Make your plans!

The 2024 HLSR runs from February 27 through March 17.

And find out much more at rodeohouston.com.



Thank you, Bellaire UMC,
for sharing this beautiful fall-themed
centerpiece with us.



Life Flight



Joshua Cools, MBA, LP, Director of Trauma Service Line, Life Flight & EMS Operations, explained that they have 5 base locations in our area, with the central base at Memorial Hermann TMC. The inaugural flight was in 1976, and they now have a total of 6 aircraft. Each can carry 2 patients, and has a large cabin for improved patient care, including quality CPR. These rear-loading aircraft provide safe loading and transport of patients, and once they land on the Memorial Hermann helipad, the patient can be in the ER or OR in 2-3 minutes. They also transport patients as needed to other hospitals within a 150-mile radius. Pilots and crew have extensive training and continuing education. They carry state-of-the-art equipment and blood products. On night missions, they have night vision capability. It is the only non-profit air ambulance in Houston, and the 6 aircraft together perform a total of more than 3,500 adult and pediatric missions each year. Joshua states that the coolest parts of Life Flight are: the people; the non-profit culture; its history (Dr. Red Duke); always progressing; outreach; the highest level of care; and collaboration.

Check out memorialhermann.org to learn more.

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 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!

FILE
OF LIFE

These wallet-size and larger refrigerator holders with medical cards continue to be available at the treasurer's table, at a cost of \$1 each.

The cards provide invaluable information to medical personnel in case of an emergency, whether at home or away from home.

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**.