

LEOH Trip

St. Dominic Village The Health Museum

January 11, 2024



St. Dominic Village, located at 2401 Holcombe, is a member of the Texas Medical Center. It is a senior living community, offering rehabilitation and nursing care, as well as assisted living and independent living.

It began as Sacred Heart College, until the Diocese purchased it in 1975. Since that time, renovations and new additions have made it the only Catholic senior care community in the Archdiocese of Galveston-Houston.

The Joseph A. Fiorenza Priest Residence was added in 2015.

St. Dominic's core values include striving to be Christ-like, and providing love, quality care, and individuality.



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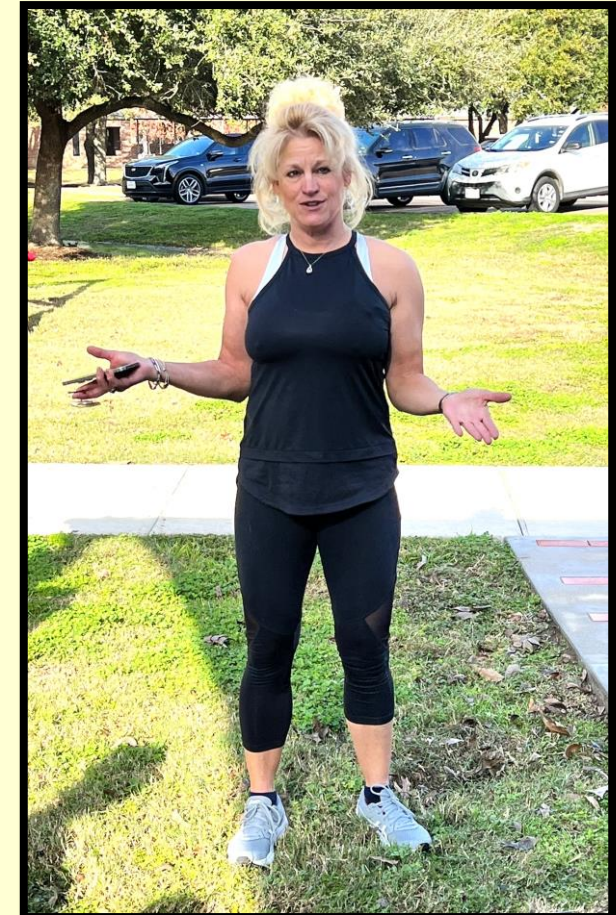
Peter, our Precinct One driver, delivered everyone safely to St. Dominic's.

Instructor Lisa Dannenbaum explained the use of the various pieces of exercise equipment at the facility's Great Age Senior Fitness Park. Each exercise station was intended for a unique purpose, such as balance, coordination, flexibility, and even the mind.

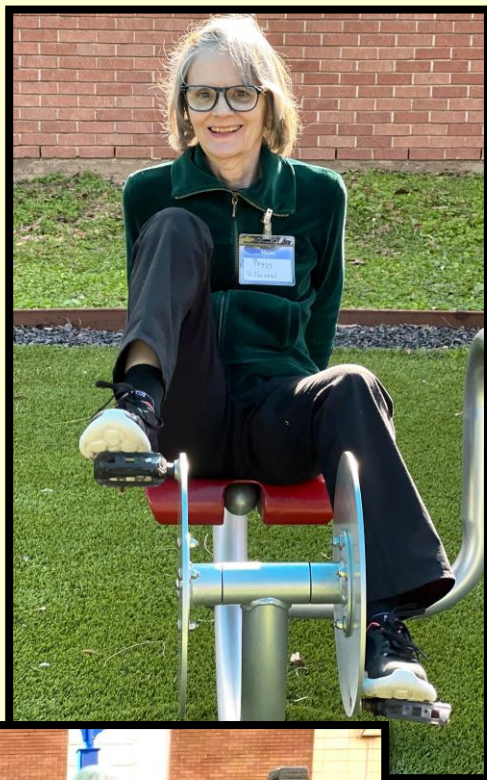
She stressed that everyone was welcome to come to the Park at other times to exercise.

It was obvious that everyone enjoyed trying out the various exercises, and at their own pace.

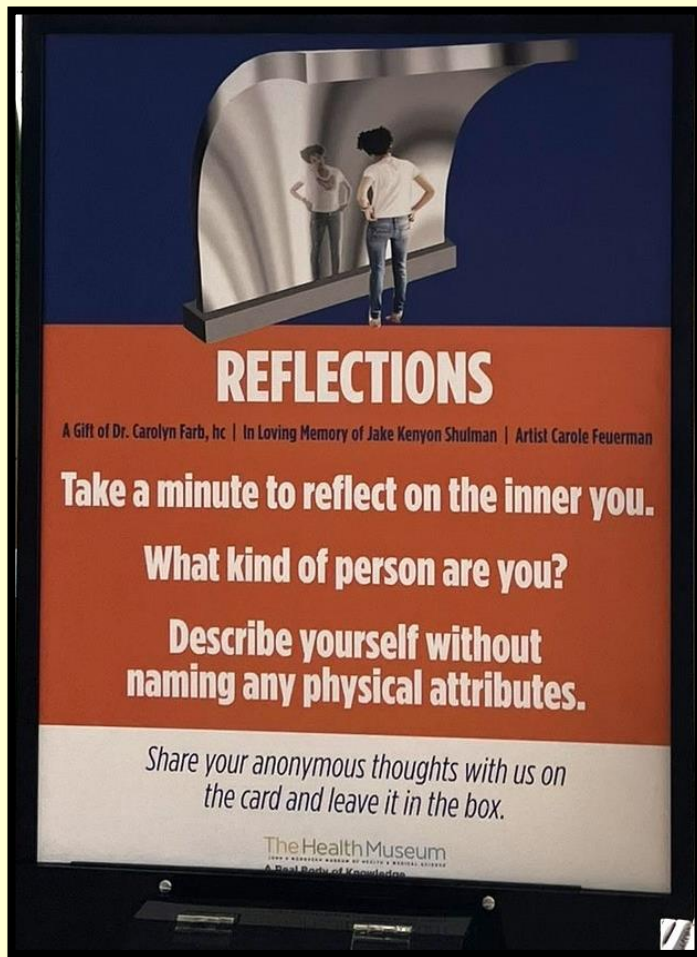
To learn more about St. Dominic Village, check out their website at [stdominicvillage.org](http://stdominicvillage.org).











**When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.**

- Henry Ford,  
Industrialist & Business Magnate



We then traveled to The Health Museum at 1515 Hermann Dr. Formerly The John P. McGovern Museum of Health and Medical Science, the museum is a member of the Texas Medical Center. We learned that there are many activities and classes for youth, including hands-on tissue dissection!

The museum's large hall contained numerous thought-provoking posters and exhibits. Main exhibits rotate: on the day of our visit, the primary exhibit was "Drugs: Costs and Consequences". For more information, check out [thehealthmuseum.org](http://thehealthmuseum.org).





Lisa met us at the museum,  
and we soon learned that each  
stop during the tour included  
aerobic exercise!

In these photos, everyone  
is grooving to a variety of music  
that Lisa provided.



We continued our aerobic moves while walking to this very bright and colorful exhibit of different body parts/organs.







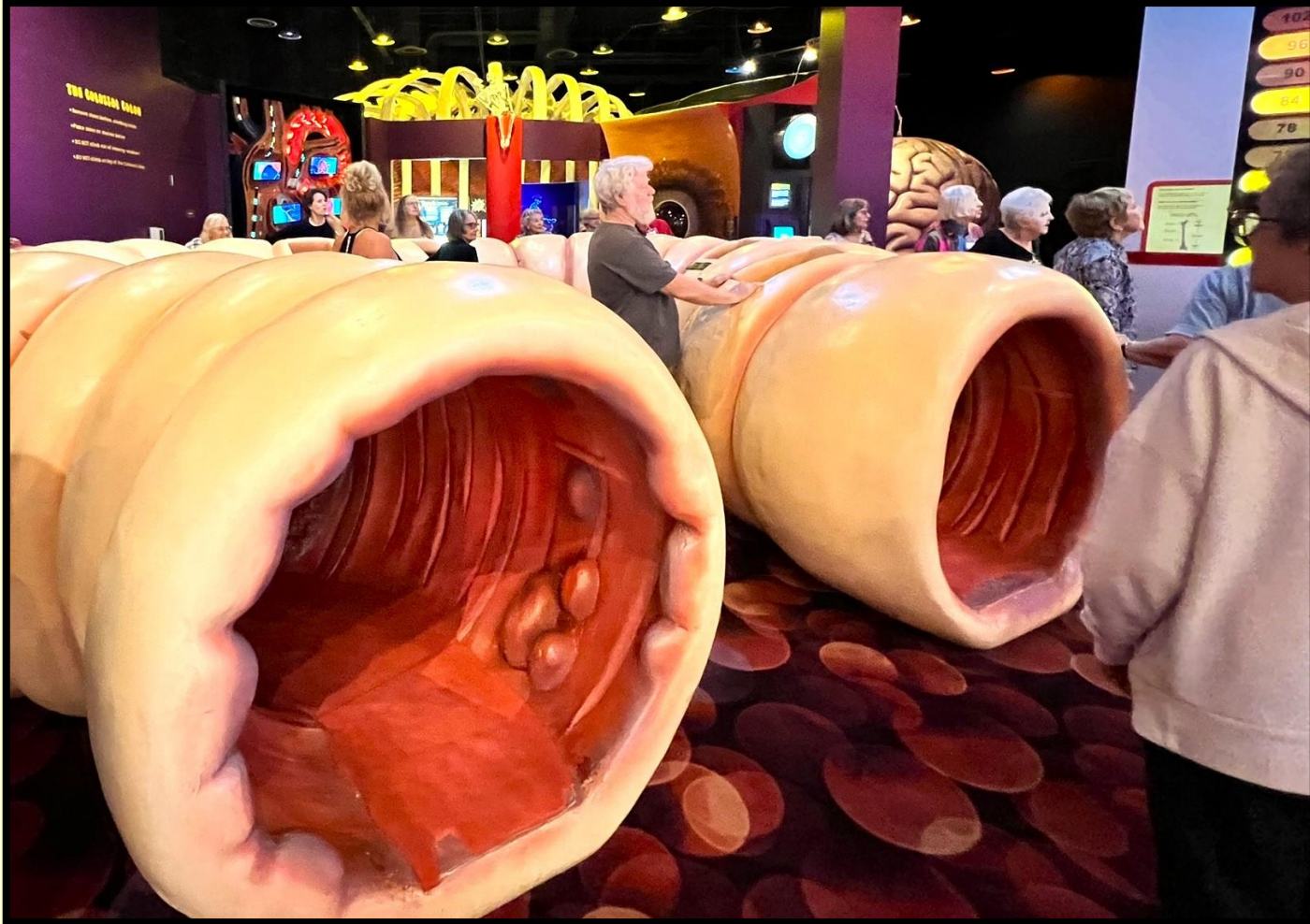
Lisa led everyone in more aerobics and dance moves in this exhibit room. Aerobics was never more fun, particularly in front of a giant heart (which changed color later when simulating a heart attack)!



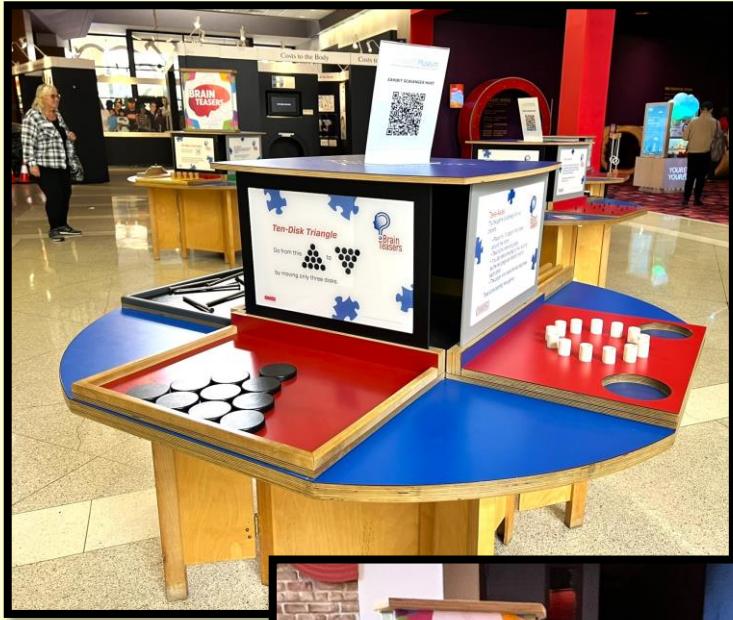


When you think about the large intestine...this one wasn't large, it was super-sized!  
Kids likely enjoy crawling through this, but there were no LEOH takers.

We also strolled between the left and right hemispheres of the brain.







Numerous “puzzle stations” were located throughout the main hall. Many of us attempted to solve some of the puzzles. They were challenging, to say the least!





Everyone enjoyed a light lunch (provided by United Healthcare) before leaving; however, the tour was not complete without a visit to the gift shop, which had many interesting and fun items!

Thank you, trip coordinator Ann Fairchild,  
for an entertaining and health-oriented trip!

