



# LEOH (Life Enrichment of Houston)

## April 25, 2024 Newsletter



### SPRING at LEOH - Our 43rd Year!

### Fellowship Hall, Bellaire UMC



**WELCOME, LEOH MEMBERS, TO WEEK 7 OF OUR SPRING SESSION!**

Please wear your name tag, to help our new (and old) members know who's who!

#### **MORNING ACTIVITIES AND SPEAKERS, BEGINNING AT 9:30 a.m. — FELLOWSHIP HALL**

**REGISTRATION TABLE:** Members can pick up their name tags at a table inside Fellowship Hall, and then return them as they exit. This can help some of us who might otherwise misplace or lose them at home or elsewhere (a replacement tag costs \$2). Copies of the Spring membership log are available to interested members.

**REFRESHMENTS (coffee, tea, water, snacks)** are available to everyone prior to and between speakers.



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**10:00 a.m. WHAT'S UP HOUSTON?** Karl Blech, Music Director and Conductor of **Symphony North of Houston** and Music lecturer at **Rice University**, poses the question "how do you compose and create music without ever having read or written a single note of it"? He describes his non-traditional method that is accessible to all, and his study of the possible positive effects of musical creativity on cognitive decline.

**11:15 a.m. TOWN HALL:** Barbara Goodson, Executive Director of **Have Shears Will Travel**, shares the history of this young nonprofit, and describes its current impact on thousands. She also explains their expansion plans underway for *Shear Success Barber and Cosmetology School*.



**(LEOH members: PLEASE silence your phones (and yourself) to enjoy our speakers!**



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#### **LUNCH AND AFTERNOON ACTIVITIES (FELLOWSHIP HALL)**

**12:15 p.m. WEEKLY LUNCH DRAWING ANNOUNCEMENTS, and PRAYER/INSPIRATIONAL THOUGHT**

On the first Thursday that a member attends, they may add their name to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person whose name is drawn by our Town Hall speaker will enjoy a free lunch. Susan Graugnard was the lucky winner last week!

#### **LUNCH (Fellowship Hall)**

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and ice cream cup! All for \$7 (donations are always welcome, too)! Purchase a remaining lunch for \$3.



**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 Schaer

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



### Party Time!



Our final Spring get-together is **NEXT WEEK!** Have you confirmed your lunch reservation for a "fancy" baked potato, salad, and special dessert?

Before lunch that day, plan to enjoy some refreshments, view arts and crafts created by fellow members, catch up on everyone's summer plans, and listen to some live music!





# LEOH (Life Enrichment of Houston)

## APRIL 25, 2024 Newsletter (continued)



### ANNOUNCEMENTS AND SPEAKER MEMORIES FROM LAST WEEK'S MEETING, APRIL 18

VP Mary Mahon announced that copies of the LEOH membership log were now available at the registration table, following review and corrections from members present the previous week. Mary reminded members once again to sign up for the Party Day luncheon, if they had not already done so. Jim Burrough inspired with a reading on "Friendship", and gave a blessing prior to lunch.



**Steve Smith**, Board of Directors, **Zoe Empowers**, described their mission of helping orphaned and vulnerable children worldwide. There are almost 53,000,000 children worldwide who need this help to prevent malnutrition, homelessness, trafficking, lack of healthcare, and hopelessness. In the 3-year program, whose total cost averages only \$317, this community-based program focuses on self-sufficiency, through a variety of means, such as group training in their community and vocational mentorships. Current enrollment is almost 50,000 in 7 countries, including Kenya, Rwanda, and Zimbabwe. The photo above shows a group that makes and sells beautiful baskets. Other photos shared with us showed vocations such as barbering and shoe-making. They are achieving the **Zoe Empowers** goals of being secure, healthy, connected, and prepared. Learn more on their **Facebook** page or [ZoeEmpowers.org](http://ZoeEmpowers.org).

Did you know?  
According to WHO in 2022

- \* 1 in 8 people experience mental illness
- \* 1 M+ adults attempt suicide every year
- \* 40 M diagnosed with bipolar disorder
- \* 24 M diagnosed with schizophrenia
- \* 301 M diagnosed with anxiety; (58 M are children and adolescents)
- \* 280 M diagnosed with depression; (23 M are children and adolescents)



**Dr. Jennifer Boswell**, Director of Adult Mental Health Services, **The Harris Center for Mental Health and Intellectual Disabilities (ADD)**, discussed common signs of mental illness, such as mood changes, excessive worry, and traumatic events. We can help by being aware of such changes and offering hope and encouraging the acceptance of help. The Harris Center has 4 outpatient clinics, and numerous crisis text and phone numbers. They have provided over 1.5 million services to those needing help. Adult specialty programs include detox programs and transitional programs for parolees. They also provide mobile outreach teams, crisis intervention teams, and specialty programs for children 3-17 years old. Cost is based on ability to pay, to ensure help can be given to those in need. You may contact her at [Jennifer.Boswell@TheHarrisCenter.org](mailto:Jennifer.Boswell@TheHarrisCenter.org). Check out their website at [TheHarrisCenter.org](http://TheHarrisCenter.org)

### **WEEKLY REMINDERS**

#### TRIPS

**Thursday, May 16: HPD Mounted Patrol Facility.** Members will travel by Precinct One bus. During the tour, there will be an opportunity to feed the horses. Lunch and a brief stop at **Graffiti Park** near downtown to view the artwork follows the tour.

**Wednesday, June 12: Museum of Fine Arts, Rienzi.** This drive yourself/carpool outing will include a guided tour of the house and decorative arts collection, with lunch to follow at Mia's Table. Sign-up will begin on May 12 via email notification.

Ann can be contacted at [fairann@sbcglobal.net](mailto:fairann@sbcglobal.net) or **281-686-1325**. Your name can be added to a waiting list if a trip quota has been filled. Details and photos from previous trips, as well as information on future trips, can be viewed on our LEOH website, [leohouston.org](http://leohouston.org).

#### LEOH SPRING SERVICE PROJECT - This Thursday is Your Last Opportunity to Donate!

Our Town Hall speakers on April 4th discussed the role of the **HAWC (Houston Area Women's Center)** in assisting survivors of sexual and domestic abuse. Our donations can make a huge difference in the lives of these women. The HAWC accepts monetary donations, as well as new clothing items in larger sizes, including yoga pants, tops, pajamas, sports bras and panties; plus toiletries and cleaning supplies.

#### MEMBER CARE COORDINATOR

Would your family member or fellow LEOH member experiencing an illness or loss appreciate a thoughtful card from LEOH? Contact Kelly Cervenka at [kcervenka39@gmail.com](mailto:kcervenka39@gmail.com) or 281-814-6721.

#### BOOK CART and DISPLAY TABLE

Borrow a book (or more) and return when done. Keep anything on the display table that catches your eye.

#### SUGGESTION BOX

Think about speakers and their topics for the upcoming Fall session; or a great destination for a future LEOH trip; or how LEOH could be improved. Then grab the pen and pad at the suggestion box on the display table, write down those thoughts, and drop them in the box. Feel free to remain anonymous!

#### Questions or Comments?

President Ken Euler at 713-664-5740 or [kenleoh23@gmail.com](mailto:kenleoh23@gmail.com); VP Mary Mahon at 713-530-5653 or [mary-mahon@sbcglobal.net](mailto:mary-mahon@sbcglobal.net)  
Bellaire UMC Office: 713-666-2167; LEOH Website: [leohouston.org](http://leohouston.org); Suggestion Box on display table at LEOH meetings