



LEOH (Life Enrichment of Houston)

April 24, 2025 Newsletter



WELCOME to LEOH Fellowship Hall, Bellaire UMC



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



REGISTRATION TABLE: The table is just inside Fellowship Hall, where members can pick up their name tag on the way in, and drop them off when leaving.

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



10:00 a.m. WHAT'S UP HOUSTON? Tammy Mermelstein, JD, Executive Director, **Collaboratory for Aging Resources and Education (If I Had Your Million Dollars!)**, enlightens us on resources available to us. Older Americans lose an estimated \$28.3 billion dollars yearly to financial exploitation. Learn why it is so difficult to evade an exploiter's grasp.



11:15 a.m. TOWN HALL: Jeff Lindner, Harris County Meteorologist and Director of the **Flood Control District, Houston Chapter**, explains the work of the district, which encompasses Harris County's 1,777 square miles and 23 primary watersheds.



LEOH members: PLEASE remember to silence your phones (and yourself) during the presentations!



LUNCH AND AFTERNOON ACTIVITIES

12:15 p.m. WEEKLY LUNCH DRAWING, ANNOUNCEMENTS, and PRAYER/INSPIRATIONAL THOUGHT (Fellowship Hall)



On the first Thursday that a member attends, they may add their name to the LEOH bowl when they arrive. Each Thursday, the lucky person whose name is drawn by our Town Hall speaker will enjoy a free lunch. **Vickie Fella** was last week's winner!

LUNCH (Fellowship Hall)

Enjoy a sub from **Firehouse Subs**, plus a salad, drink, and ice cream cup! All for \$8.



12:30-3:30 p.m. YEAR-ROUND BRIDGE (Room 131) coordinator **Pat Roberts**

12:45-3:00 p.m. SOCIAL BRIDGE (Fellowship Hall) coordinator **Paula Koehn**

1-3:30 p.m. WATERCOLOR PAINTING (Room 122) instructor **Marie Schaer**



1-1:50 p.m. SPANISH CLASS (Room 123) instructor **Ana Moore**



1-3:00 p.m. GAMES/TALK IT OUT (Fellowship Hall/Parlor)



Bring your favorite game (Scrabble, Rummikub, etc.) or join a round-table discussion of topics of interest.



THE JELLYBEAN PRAYER

Lynn Mayfield shared this prayer with everyone just prior to lunch last week. She also provided a copy of the prayer plus a small packet of jellybeans for each table.

Red is for the blood He gave
Green is for the grass He made
Yellow is for the sun so bright
Orange is for the edge of night
White is for the grace He gave
Purple is for His hours of sorrow
Pink is for our new tomorrow



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April 24, 2025 Newsletter (continued)



FROM LAST WEEK'S MEETING

- We had a great turnout for Covid vaccinations! Thanks go to our skilled and accommodating Randall's pharmacists!
- Vickie Fella reminded members again that **now** is the time to sign up and pay \$12 for the fabulous **Party Time** meal on **May 1st**.
- President **David Martin** encouraged members to nominate fellow members for praise and recognition. Paper/pen are provided.
- **Lynn Mayfield** closed the morning activities, prior to lunch, by sharing the **Jellybean Prayer** with members (*see it on reverse side*).



CONNOR HAGAN
Public Service Officer
FBI

FROM OUR SPEAKERS LAST WEEK

DOREEN GALLEVO
President
Native Plant Society of Texas
Houston Chapter



Connor explained that the FBI is a federal law enforcement and intelligence agency within the Justice Department, tasked with investigating over 280 types of federal violations. Their stated mission is to protect the American people and uphold the Constitution. As of 2024, there were 37,000 staff, including 13,600 Special Agents. There are 56 field offices, with 4 in Texas. Their goal is to deploy field agents to an area immediately as needed. Field offices are also located throughout the world. The counter-intelligence division monitors and neutralizes foreign intelligence operations within the U.S., as well as espionage, misuse of classified data, and other matters related to national security. The FBI is the lead law enforcement agency for investigating cyber attacks by foreign adversaries and terrorists, and also works to prevent criminals, sexual predators, etc. from using the internet to victimize citizens, cities, and businesses. They also investigate public corruption, including white collar crime, violent crime, and organized crime. He reminded us that numerous crime organizations are operating in Houston and Harris County. In addition, certain foreign adversaries are always working on ways to disrupt/disable basic U.S. services, such as water, electricity, and means of communication. Learn more at [fbi.gov](https://www.fbi.gov).

Doreen explained that their mission is to promote conservation, research and utilization of native plants and plant habitats of Texas through education, outreach, and example. The Houston Chapter, run completely by volunteers, provides monthly educational speakers, wildscaping grants, invasive species removal, and numerous outreach events. A native plant is defined as a plant that lives or grows naturally in a particular region without direct or indirect human intervention. She illustrated how our area used to look, with an abundance of native plants, vs. how such areas look now, with nothing but paved areas and clipped grass. Many of the plants we purchase come from other countries, and require a great deal of care and products to survive, whereas native plants are hardy, with deep roots, so can survive extreme weather conditions, including freezes and floods. She pointed out that commercial gas lawn mowers and blowers are not regulated, and produce an extreme amount of air pollution. In addition, native plants provide much more habitat for wildlife and pollinators, while requiring much less care. We can work to reduce our lawn footprint and to plant native. Find and buy native plants locally at Buchanan's, Joshua's, and other nurseries. Learn much more at npsot.org. Doreen may be contacted at dgallevo@gmail.com.

SEND CARING THOUGHTS TO A FAMILY MEMBER OR FELLOW LEOH MEMBER

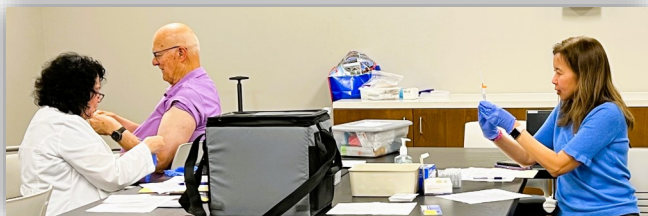
Kelly Cervenka is our Member Care Coordinator, and can send an appropriate card on LEOH's behalf. Please feel free to contact Kelly at **281-814-6721**, or kcervenka39@gmail.com.

TRIPS—Trip Coordinator Ann Fairchild

Thursday, May 22: Journey by bus to **Chappell Hill Lavender Farm**, followed by lunch nearby. Details to follow.



Contact Ann at fairann@sbcglobal.net or **281-686-1325** to sign up for a trip and further details. Add your name to the waiting list if the trip quota has been filled. Details and photos from previous trips may be viewed on our LEOH website, leohtexas.org.



From last week: The fabulous Kitchen Crew provided beautiful Easter-themed table decorations and tasty (including healthy) snacks; Janet Knight brought her wonderful goose, that always dresses for the specific occasion; and the Randall's pharmacists provided their time and expertise to those desiring Spring covid vaccinations.

Questions or Comments?

LEOH President David Martin can be reached at the Bellaire UMC Office, at 713-666-2167
Place a note, which can be anonymous if you wish, in our Suggestion Box (on the display table at LEOH meetings)
Or access leohtexas.org, click on **CONTACT US**, and submit your thoughts