



LEOH (Life Enrichment of Houston)

WELCOME to FALL at LEOH - Our 45th Year!

Fellowship Hall, Bellaire UMC

October 16, 2025



WELCOME ONCE AGAIN TO OUR NEWEST MEMBERS

Kim Adkins, JoAnn Clark, Lynda Collins, Donna Couch, Irmi Glockner, Barbara Haley, Lynn Mason, Karen Matlock, Shari Mauthner, Mark Polhemus, Jill Prugar, and Judith Richards

Thank you for joining us! We welcome your thoughts on how to make LEOH even better!
Drop a suggestion in the suggestion box (anonymous if you wish), or feel free to share your ideas with fellow members.

MORNING ACTIVITIES AND SPEAKERS, BEGINNING AT 9:15 a.m.

REGISTRATION TABLE: The registration table will be set up just inside Fellowship Hall, where current members can pick up their name tag at the table, and return them when leaving. The Fall membership list is now finalized. Copies will be available at the registration table.

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

9:15-11:15 a.m. IMMUNIZATIONS in the PARLOR: For those who signed up, please complete your authorization form prior to arriving, and be ready to present your ID, Medicare/Medicaid/Insurance card, and bare upper arm(s) to a Randall's pharmacist who will happily inflict brief pain for your good health!

10:00-11:00 a.m. WHAT'S UP HOUSTON? Artist Boat: We will learn how this non-profit organization promotes awareness and preservation of coastal margins and the marine environment through the disciplines of the sciences and the arts.

11:15-12:15 p.m. TOWN HALL: Medical Bridges: Co-founder and Board of Directors member **Dr. Margaret (Peggy) Goetz**, tells us about their work in providing life-saving medical aid to healthcare systems around the world.



PLEASE remember to silence your phone (and yourself) during the speaker presentations



LUNCH AND AFTERNOON ACTIVITIES

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

Add your name to the LEOH bowl the first time you attend (just once only, not each week thereafter)! Each Thursday, a name will be drawn, and the lucky winner will enjoy a free lunch. Last week, **Bob Delery** was the winner!



LUNCH (Fellowship Hall)

Enjoy a menu change this week, with *soup* to accompany your sub from **Firehouse Subs**, plus a drink, and ice cream for \$8. (*Donations are also welcome*)

12:45 p.m. SOCIAL BRIDGE (Fellowship Hall) coordinator Paula Koehn

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

1-3:00 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/CHAT TABLES (Fellowship Hall) Bring your favorite game (Scrabble, Rummikub, etc.) or join fellow members for a round-table discussion of topics of interest.



NEXT WEEK'S SPEAKERS

10:00-11:00 a.m. Fire Safety & Crisis Response

Deacon Tittle, Chief, **Bellaire Fire Department**, presents information on basic home/apartment safety, medical response, and our role.

11:15-12:15 p.m. Healthcare for the Homeless—Houston (HHH)

Howard Dabney, M.Psychology, **Manager of Programs and Community Outreach**, describes the work of their clinic and their mission to treat medical and behavioral health through their outreach services.



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October 16, 2025 Newsletter (continued)



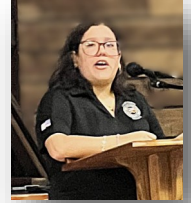
LAST WEEK'S SPEAKERS



Ruth Lopez Turley
Rice University
Director
Kinder Institute for Urban Research

Ruth explained that the survey was meant to address demographics, assets, and challenges in Fort Bend, Harris, and Montgomery counties. One asset for residents is the 40,000 non-profit organizations in Houston. The Kinder Institute Research Centers cover population, education, housing, economic mobility, and community and public health. Racial/ethnic composition between 1960-2020 revealed Whites decreasing from 74-28%, and Hispanics increasing to 43%. Houston is one of 8 most diverse large metro areas. Education level, age, income, race, and political ideology were surveyed. Looking at the majority in each category, education level was high school or less; age 30-49; income \$100k+; race Hispanic; politically moderate. The best thing about living in Houston? Diversity, followed by economy and activities. In Harris county, 1 in 4 were born outside the U.S. See the full in-depth report and summaries at Kinder.Rice.edu.

Daisy Campos
Outreach Coordinator
*Harris County Office
Homeland Security &
Emergency Management*



Daisy reminded us how huge Harris County is, and the many potential threats that entails. Since 1979, we have had 50 Presidential disaster declarations. With winter coming, we were reminded to check our carbon monoxide detectors, and protect the 4 P's: plants, pets, people, and pipes in freezing weather; observe flood warnings; and complete the 4 fundamentals of preparedness: *get a kit, make a plan, stay informed, and be involved*. Kits should include home preparedness items, meds, personal hygiene items, family documents, clothing, etc. Your car should also have a kit. **STEAR** is a free registry that provides you with emergency help as needed. You must re-register each year. You can call 211 as part of this plan. Recovery following a disaster includes contacting 311, 211, and/or clicking on readyharris.org. To learn much more, particularly about items needed for emergency kits, click on ReadyHarris.org.



The "Kitchen Crew"
never fail to provide
delicious snacks.

The snacks this time
were marvelous to behold!

Almost too pretty to eat!

Longtime LEOH member
Tim Mock was treated to his
favorite treat—*carrot cake*,
special delivery from his
wife, Jane, also a longtime
LEOH member.

This was followed by
a group rendition of
Happy Birthday!



TRIPS—Coordinator Ann Fairchild

Wednesday, November 12: Travel by car/carpool to St. Martin's Episcopal Church, 717 Sage, to admire its beautiful architecture, stained glass, and more during a guided tour. Lunch will follow.

December is in the planning stages. Details will be available as soon as Ann finalizes them.

Trip sign up: Contact Ann at **281-686-1325** or fairann@sbcglobal.net. Add your name to a waiting list as needed.

TWO BOOK CARTS plus DISPLAY TABLES—Coordinator Vickie Fella

Consider donating your books, providing more choices for book-lovers! The display tables will continue to offer free items. Everyone is welcome to donate items—they *must be clean and usable*. Feel free to borrow a book or puzzle and PLEASE return it when done! Other items are free for the taking.

LEOH FALL SERVICE PROJECT—HEALTHCARE FOR THE HOMELESS—HOUSTON (HHH)

The mission of HHH is to promote health, hope, and dignity for those affected by homelessness. Integrated care clinics throughout Houston focus on healthcare that encompasses medical care, mental health care, addiction counseling, dental and hearing care, transportation, and much more.

We will hear from the HHH representative *next week*. To maximize donations to this worthy organization, LEOH treasurer **Rosalie Thurbon** is accepting monetary donations throughout our fall session. To donate specific items, you can do so via their website, by clicking on the **Amazon Wishlist** tab.

HOLIDAY MARKET

Nina Quartaro will once again host this popular event during Party Day. Exhibit your crafty items or other items for sale (a few dollars or more), with all proceeds going to LEOH.

CARING THOUGHTS CORNER

Kelly Cervenka, our VP and Member Care Coordinator, will send an appropriate card on LEOH's behalf upon request. Contact Kelly at 281-814-6721, or kcervenka39@gmail.com.

Questions or Comments?

LEOH President David Martin can be reached at the Bellaire UMC Office, at 713-666-2167; Place a note (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