



LEOH (Life Enrichment of Houston)



WELCOME to FALL at LEOH - Our 45th Year!
Fellowship Hall, Bellaire UMC

October 23, 2025

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

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

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

10:00-11:00 a.m. *WHAT'S UP HOUSTON?* 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. *TOWN HALL: Healthcare for the Homeless—Houston*

Howard Dabney, M.Psychology, Manager of Programs and Community Outreach, describes their clinic's work and their mission to treat medical and behavioral health.



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, **Lu Kingham** was the winner! Prior to lunch, **Lynn Mayfield** offered a prayer.

LUNCH (Fellowship Hall)

Last week we enjoyed a change of pace with a bowl of potato soup, rather than salad. This week, enjoy a different 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.

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 this Thursday! To maximize donations to this worthy organization, LEOH treasurer **Rosalie Thurbon** is accepting monetary donations throughout our fall session.

To donate specific items, click on their website homeless-healthcare.org, then click their **Amazon Wishlist** tab.

NEXT WEEK'S SPEAKERS

10:00-11:00 a.m. *Art in Bloom— Museum of Fine Arts Houston (MFAH)*

Gerry Aitken, Speakers Bureau, **MFAH**, shares fascinating details about artists and their floral works, including wearable art, paintings, and textiles in the MFAH collection.

11:15-12:15 p.m. *Sensory Health and Your Brain*

Sally Davis, RN, BSN, Training Specialist, **Amazing Place**, explores this fascinating topic.



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October 23, 2025 Newsletter (continued)



LAST WEEK'S SPEAKERS



Karla Klay
Executive Director
Artist Boat



Margaret (Peggy) Goetz, MD
Co-Founder
Board Member
Medical Bridges

Since 2003, **Artist Boat** has strived to promote awareness and preservation of coastal margins and the marine environment through the disciplines of the sciences and the arts. They offer eco-art workshops, adventures, and residencies as part of their outreach and engagement with others. They have successfully partnered with various organizations, acquiring donations and endowments to ensure conservation and resiliency of tracts of land along West Beach. There are benefits to all involved, with improved greenspace and access to nature programs as examples. *Anchor Bay* is a proposed canal subdivision which will contribute to that success. Proper planning and implementation of partnered projects will benefit wildlife as well as people who enjoy exploring nature. Their ultimate goal is to acquire and protect 1,400 acres for the Coastal Heritage Preserve, while continuing to inform and inspire everyone to appreciate and protect the Texas Coast. Learn much more at ArtistBoat.org, including how you can be a coastal conservationist.

In 1997, Dr. Goetz and another physician traveled to El Salvador on a medical mission. They arrived to find many patients in desperate need of care, but very few medical supplies. They determined that healthcare should never depend on access to supplies. It is estimated that here in the U.S. \$15M worth of supplies are wasted annually. When they returned to Houston, they began gathering surplus medical supplies in the Texas Medical Center, then sorting and storing them in a garage. This eventually led to a 30,000 square-foot warehouse that houses supplies shipped around the world. *Medical Bridges* is the only accredited medical surplus distributor in Texas. They operate with less than a dozen staff, and welcome volunteers. If you wish to donate medical equipment and/or healthcare items, either new or what you have on hand, go to their website MedicalBridges.org to see a list of acceptable items, and to learn more about their donation and volunteer needs.



The pretty table decorations last week reminded us that Fall is in the air!



VACCINATIONS LAST WEEK

Randall's pharmacists once again provided desired immunizations to LEOH members. Lead pharmacist Chi Ngo-Chen reported that the process went smoothly, with more than 20 members receiving one or more shots.

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 gardens during a guided tour. Lunch will follow.

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

Trip signup: Contact Ann at [281-686-1325](tel:281-686-1325) or fairann@sbcglobal.net. Add your name to a waiting list as needed.

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.

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 your 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