



LEOH (Life Enrichment of Houston)

WELCOME to FALL at LEOH - Our 45th Year!
Family Life Center (Gym), Bellaire UMC



October 9, 2025

WE ARE WELCOMING 12 NEW MEMBERS THIS FALL!

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 9:30 a.m. — FAMILY LIFE CENTER

REGISTRATION TABLE: The registration table will be set up just inside the Family Life Center, where current members can pick up their name tag at the table, and return them when leaving. We are finalizing our membership list, and a copy will be available for your review, to ensure accuracy. If you are a new member but still have not received a permanent name tag, please let Jane or Rosalie know.

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

10:00 a.m. WHAT'S UP HOUSTON? Ruth Lopez Turley, Director, Kinder Institute for Urban Research, shares the findings of their latest Houston Area Survey of the issues most important to residents.

11:15 a.m. TOWN HALL: Daisy Campos, Outreach Coordinator, Harris County Office of Homeland Security & Emergency Management, (based at TranStar) describes their operations and tells us how to be prepared for disaster.



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



LUNCH AND AFTERNOON ACTIVITIES

12:15 p.m. WEEKLY LUNCH DRAWING (Family Life Center), 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, **Vickie Fella** was the winner!



LUNCH (Family Life Center)

Enjoy a sub from **Firehouse Subs**, plus a salad, drink, and ice cream for just \$8! (*Donations are also welcome*)
You can also look forward to some varied menu selections at future meetings this Fall.

12:45 p.m. SOCIAL BRIDGE (Family Life Center) 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 (Family Life Center) Bring your favorite game (Scrabble, Rummikub, etc.) or join fellow members for a round-table discussion of topics of interest



NEXT WEEK'S HIGHLIGHTS: IMMUNIZATIONS AND SPEAKERS

9:15—11:15 a.m. Randall's pharmacists will be in the Parlor, beginning at 9:15 a.m., to administer vaccines of your choice. Sign-up has ended; however, please take an authorization form home to complete and return next week.



10:00-11:00 a.m.: 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. Galveston Bay Dolphin Research: Vanessa Mintzer, PhD, Director of Dolphin Research & Conservation, discusses their study of the health, ecology, and behavior of the dolphins in the highly industrialized bay area.





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October 9, 2025 Newsletter (continued)



LAST WEEK'S SPEAKERS



Angela Roth
Speakers Bureau
The Herb Society of America
South Texas Unit

Vickie Fella
Speaker Committee member
LEOH



Angela discussed the top 5 herbs and their varied food and medicinal uses: **Mexican Mint Marigold/Texas Tarragon**, for upset stomach, or add to butter with orange zest; **Rosemary**, great in or on bread, with salmon; **Basil**, in oils, pesto, rice; **Lemon Verbena**, baked goods and tea; **Chives**, in butter, on potatoes. She also added more of her favorites: **Lavender**, tea, lotion, heating pad; **Lemon Thyme**, mushrooms, herbal butters; and **Sage**. She described **GreenBridges** gardens as links across the nation to provide safe movement for pollinators. She and Susan Miller also brought example plants, including a beautiful **African hibiscus** (pictured) with edible seed pods (do not eat the seeds)! Plant cuttings were available to members. Angela also reminded everyone of the upcoming **Herb Fair** on November 1. Learn much more about the Fair and herbs at herbsociety-stu.org.

Vickie described the **Flower Garden National Marine Sanctuary**, the coral reef off our Texas coast in the Gulf of Mexico. She explained the formation of coral, its importance to the support of the ecosystem, and the dangers it faces from a variety of sources, including pollution and climate change. Among studies being done around the world, assisted evolution promises to be a viable means of growing and sustaining healthy coral, by creating hybrids of healthy coral and growing them under lab conditions that simulate predicted future higher sea temperatures. To learn more about coral assisted evolution, the fascinating coral spawning process, and more, click on pbs.org, use the search (hourglass) icon and type in **reef rescue**, then scroll down to the **NOVA Reef Rescue** video **S48 Ep4**. To learn more about the Flower Garden Banks National Marine Sanctuary, click on flowergarden.noaa.gov.

TRIPS—Coordinator Ann Fairchild

Tuesday, October 14: Heritage Society at Sam Houston Park

Travel by Precinct One bus downtown for a 2-hour tour of 3 historic homes, then enjoy lunch at *Pappas BBQ*.

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 signup: 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

The additional cart means more book donations can be happily accepted, with more choices for book-lovers! The display table(s) 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 later this month. 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 to you or a family member, 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