



LEOH (Life Enrichment of Houston)



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



October 30, 2025



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

HALLOWEEN THEME: This is our last meeting before *Party Time* next week—and it's also one day before Halloween, so it's the perfect opportunity to have a little more fun than usual. Please feel free to dress for the occasion and have a scary good time!

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?* 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. *TOWN HALL: Sensory Health and Your Brain*
Sally Davis, RN, BSN, Training Specialist, **Amazing Place**, explores this fascinating topic.



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, **Bill Grimes** was the winner! *Note:* This Thursday is the last drawing for a free lunch.

LUNCH (Fellowship Hall)

Last week we enjoyed chicken and dumplings soup, along with a **Firehouse Sub**, plus a drink, and choice of ice cream flavor (vanilla, chocolate, and pumpkin). What will we have this week?! All for only \$8. *(Donations are always welcome, too)*

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.

PARTY DAY PAYMENT DEADLINE and HOLIDAY MARKET REMINDER

This Thursday, October 30, is the *last day* to pay \$12 for the Party Day special lunch next week.
Everyone is encouraged to attend Party Day! Admire our watercolor class masterpieces and other crafts, while enjoying refreshments and chatting with your fellow members. Those who have prepaid will enjoy the special Party Day lunch, while others may choose to bring their own lunch or just continue visiting with fellow members!

Nina Quartaro will once again host the popular **Holiday Market** portion during Party Day. Exhibit your crafty items or other items for sale (\$5 and up), with all proceeds going to LEOH. Some gift boxes and wrapping will be available; you are welcome to bring these supplies if you have them!





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October 30, 2025 Newsletter (continued)



LAST WEEK'S SPEAKERS



Deacon Tittel
Chief
Bellaire Fire Department

Chief Tittel stressed education and preparing for the worst to reduce risk. At home, smoke alarms should be on every level and in every bedroom. Make and practice an escape plan, to include 2 ways to exit a room. Fire extinguishers should be checked regularly, including inverting them to keep the contents mixed, and reviewing the PASS acronym (**p**ull the pin, **a**im, **s**queeze, and **s**weep). Call 911 *only* for life-threatening situations. Knowing how to perform CPR can double or triple survival chances. Training programs for CPR and use of an AED are recommended, and are available in the community. In addition to their firefighting skills, the Bellaire fire and EMS can administer blood, IV's, and ultrasounds, and use an advanced airway technique when necessary. Learn much more on their website BellaireTx.gov/Fire.

Howard Dabney
Manager, Programs
and Community Outreach
Healthcare for the Homeless—Houston (HHH)



In 1999, a group of volunteer family physicians founded HHH as a two-exam-room clinic with a dental chair. They expanded to other locations and eventually began delivering care directly on the streets as well as in their Caroline, Reed, and Cathedral clinics. Their services include medical, mental, dental, and addiction counseling. Mental health disorders are much higher in the homeless population, as is "weathering" (aging more rapidly than the normal population). Transportation to medical care plus supportive housing and social services are lifesaving tools. HHH's *Project Access* provides bus service free of charge to the homeless seeking housing services. To obtain bus service, a rider must register at assistance locations such as SEARCH, The Beacon, and Lord of the Streets. We can help by donating to HHH via their website, or at this week's LEOH meeting. Find out more at Homeless-Healthcare.org.



Refreshment selections just get better and better! Members enjoyed a balance of healthy and sweet, including Pat Burrough's wonderful (and artful) pumpkin-shaped creation!

President David Martin recognized LEOH's fabulous "Kitchen Crew", and singled out Patsy Frederick, who was celebrating her birthday. David led everyone in singing "Happy Birthday".



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

Last week, we heard from HHH representative Howard Dabney (see notes from his talk above).

LEOH treasurer **Rosalie Thurbon** has been accepting monetary donations throughout our Fall session.

This Thursday is the last day to donate at LEOH. A check from LEOH that covers the full amount of your donations will be delivered to their clinic on Caroline St. within a few days of our Party Day meeting next week.

As always, if you prefer to donate specific items, click on their website homeless-healthcare.org, then click their **Amazon Wishlist** tab to select items. You may also donate monetarily via their website.

TRIPS—Coordinator Ann Fairchild

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

Thursday, December 4: Christmas Lunch & Toy Drive: Bring a toy and enjoy lunch/dinner/bar menu choices at 11:30 a.m. at *Candelari's*, 2617 W. Holcombe, on their covered and heated patio.

Trip signup: Contact Ann at **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.

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 leoh-texas.org, click on CONTACT US, and submit your thoughts