



LEOH Spring Program – our 45th Year!

Fellowship Hall, Bellaire UMC | April 16, 2026



Morning Activities – Beginning at 9:30 a.m. – Fellowship Hall

REGISTRATION – Coordinator Jane Shinn

Pick up your name tag at the registration table and return it when leaving (for safekeeping until the next meeting). NOTE: Spring membership logs will be available for pickup at the table.

NEW MEMBERS - We hope you are continuing to enjoy LEOH!

REFRESHMENTS (Coffee, Tea, Water, Snacks)

Snacks and beverages are available to everyone prior to lunch.

THIS WEEK’S SPEAKERS

- Provided by speaker committee members Kelly Cervenka and Heide Vukovic

10:00-11:00 a.m. WHAT’S UP HOUSTON

VISION CARE

Dr. Ashley Tucker, FAAO, FSLs, Diplomate, ABO, Therapeutic Optometrist, Director of the Contact Lens Institute of Houston, a branch of Bellaire Family Eye Care, describes conditions that affect eye health and vision, particularly as we age, and discusses various treatments and advances in eye care.

11:15-12:15 p.m. TOWN HALL

HEALTHY AGING

Maureen Beck, UT Physicians Center for Healthy Aging, tells us what we can do to improve our quality of life as seniors.

**PLEASE SILENCE YOUR PHONES (AND YOURSELF)
DURING THE SPEAKER PRESENTATIONS**



Lunch & Afternoon Activities – Fellowship Hall, unless otherwise noted

12:15 p.m.

WEEKLY LUNCH DRAWING, 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 that day. Last week’s winner was *Eraina Willey*!

LUNCH – Coordinators Patsy Frederick & Sandra Williams, Treasurer Rosalie Thurbon

Enjoy a sub from **Firehouse Subs**, plus a salad, drink, and ice cream cup! All for \$8. You may pay anytime, but preferably not during speaker presentations. You will receive a lunch “ticket” when you pay, and you will then turn in the ticket to the assigned member of the “kitchen crew” when you pick up your food. These returned tickets will assist our treasurer when tallying lunch receipts vs any donations.

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

Coordinator: Pat Roberts

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

Coordinator: Paula Koehn

1:00-2:00 p.m. SPANISH CLASS (Room 123)

Instructor: Ana Moore

1:00-3:00 p.m. WATERCOLOR PAINTING (Room 122)

Instructor: Marie Schaer

1:00-3:00 p.m. EVERYTHING YARN & THREAD (Fellowship Hall)

Instructor: Mary Mahon

Enjoy working on an individual needlework project. If you want to learn a new skill or just observe, you are welcome to join them!

1:00-3:00 p.m. GAMES/TABLE TALK (Fellowship Hall)

Bring your favorite game (Scrabble, Rummikub, etc.) to play with fellow members, or join others to relax and enjoy a round-table discussion on topics of interest.

CARING THOUGHTS Your kind thoughts can be sent to another by way of an appropriate card on LEOH's behalf, upon your request. Please contact **Kelly Cervenka, Vice-President and Coordinator** at kcervenka39@gmail.com; 281-814-6721

TRIPS Ann Fairchild, Coordinator – fairann@sbcglobal.net; 281-686-1325

Complete details/firm dates as they become available will be on our website, at meetings, and in emails; sign-up will be closer to the dates. Transportation is by bus unless otherwise noted.

Wednesday, April 22 (Earth Day) - Artist Boat & Coastal Heritage Preserve in Galveston

NOTE: Trip is fully booked – contact Ann to be placed on the wait list

Wednesday, May 20 - Galveston Railroad Museum

June 10 or 11 – Brookwood Community

Week of July 20-24 - Amazon Distribution Center

BOOKS/DISPLAY TABLES Vickie Fella, Coordinator vickiesue.fella@gmail.com

Borrow a book and return it when done for others to enjoy. Display table items are free to keep (except books). Feel free to donate books, as well as new or lightly used items for the table.

NOTE: Please keep the carted books in strict alphabetical order to assist everyone in finding books by author.

SERVICE PROJECT Nina Quartaro, Coordinator - ninabq@aol.com; 281-507-0224

Service projects allow us to assist those in need in our surrounding communities. Please donate items/funds for **The Women's Home**, which serves women in our community who have had unfortunate and often abusive backgrounds. Please contact her for additional details. A copy of the following list of requested items is available for pickup (for your shopping convenience) at the donation box. **Many items have already been donated, but more will be welcomed!**



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|-----------------------------|-------------------------|-----------------------------------|
| <i>Unopened makeup</i> | <i>Unopened lotions</i> | <i>Sample-sized cosmetics</i> |
| <i>Gum & Mints</i> | <i>Lip Balm</i> | <i>Daily devotional materials</i> |
| <i>Bath sponges/brushes</i> | <i>Reading glasses</i> | <i>Tampons</i> |

QUESTIONS OR COMMENTS ABOUT LEOH? There are several options!

Contact LEOH President David Martin through the Bellaire UMC Office: 713-666-2167; Leave a comment on our LEOH website leohexas.org (your comments are confidential); Take advantage of our *Suggestion Box* – cards and pens are available at each table. Jot down your thoughts (anonymously if desired) and drop a card in the Box on the display table. We welcome your thoughts on how to make LEOH better. Speaker suggestions and topics are also very welcome! Quite a few have been received and are being reviewed. Keep them coming!

FROM LAST WEEK: LEOH PRESIDENT DAVID MARTIN welcomed everyone

- **David** warned of a crackdown on illegal handicap parking at the church. This would include parking next to a spot but on the stripe.
- **Patsy Frederick** reminded everyone of the upcoming Party Day on May 7, and payment of \$14 by the April 30 deadline.
- **Jane Shinn**, long-time LEOH member, celebrated her birthday with a beautiful ice cream cake from hubby Tim!
- **Kris Lloyd** offered a blessing prior to lunch.
- From the **Suggestion Box** – several suggestions were received for board review. Keep them coming! These are under review as potential changes for the Fall session.



LAST WEEK'S SPEAKERS – Provided by Jim Burrough and Judy Bristol



COLLEGE, CAREER, & MILITARY READY (CCMR) IN TEXAS
Gabriela Sanchez-Soto PhD, Rice University,
 Senior Researcher
 Kinder Institute



THOMAS JEFFERSON, FOUNDING FATHER
John Boles
 Rice University
 Retired Professor
 Author

HERC (Houston Education Research Consortium) is a research practice partnership between Rice and eight Houston-area public school districts. The goals are to improve student mobility between districts, social-emotional skills, and college/career readiness, through research and data analysis. Access HERC.RICE.EDU to view the study results.

Professor Boles discussed his book on one of our founding fathers and 3rd President, focusing on his relationship with his children. Following his wife's death, he greatly enjoyed gardening at Monticello and spending time with his surviving daughters and grandchildren. He was most proud of being a grandfather, not his titles and honors.

NEXT WEEK'S SPEAKERS (APRIL 23) – provided by Kelly Cervenka and Heide Vukovic

10:00-11:00 a.m. WHAT'S UP HOUSTON

SENIOR PEDESTRIAN & DRIVER SAFETY

Laura Higgins, Associate Research Scientist, and **Kim Sailor, Project Specialist II,** Center for Transportation Safety, Texas A&M Transportation Institute, elaborate on safety strategies for seniors drivers, including the best way to handle aggressive drivers.

11:15-12:15 p.m. TOWN HALL

PATTERNS OF LIBERATION: THE QUILT CODE OF THE UNDERGROUND RAILROAD

Patricia Henderson, aka Lady Trish, imagines and creates quilts as part of the Jubilee Quilt Circle, currently in residency at the Glassell School of Art. She elaborates on their work and quilting inspirations, and the interconnections of quilting and sewing.