



LEOH Fall Program – our 46th Year!



Fellowship Hall, Bellaire UMC | September 24, 2026

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

WELCOME to our newest member TRISH HAYLON!

REGISTRATION – Coordinator Jane Shinn

Pick up your name tag at the registration table in the Welcome Center, just outside Fellowship Hall, and return it when leaving (for safekeeping until the next meeting). **Please note that new, improved name tags are now available. Exchange your old one for the new version! New members will receive permanent name tags shortly to replace temporary tags.**

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 Vickie Fella

10:00-11:00 a.m. WHAT’S UP HOUSTON

PROPERTY TAX CHANGES AND THE ROLE OF HCAD

Mabel Menefee, Community Relations Administrator, Harris Central Appraisal District (HCAD) describes the recent changes to the Texas property tax system and HCAD’s role, why exemptions are the best way to save money on property taxes, and how to protest property values.

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

FOOD IS MEDICINE

Bobby Chukwu, N.D., Holistic Health Clinic, explains this core principle that has guided his life and practice. The food choices we make every day can have a profound impact on our health and quality of life.



Attention Members and Guests!

Please silence your phones (and yourselves) during the speaker presentations.



Lunch & Afternoon Activities – Fellowship Hall, unless otherwise noted

12:15 p.m. ANNOUNCEMENTS, WEEKLY LUNCH DRAWING, INSPIRING THOUGHTS/PRAYER

Vice-President **Kelly Cervenka** welcomed everyone to our first meeting, particularly our new members! 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. **Jim Burrough** was last week’s winner! And please consider offering a prayer or inspirational thoughts just prior to lunch. A sign-up sheet is available at the registration table.

> **Nina Quartaro** reminded us of the **Holiday Market** on Party Day, November 5th – your opportunity to sell your crafts/small gift items for a dollar or more, with proceeds going to LEOH.

> **Ann Fairchild** described the **File of Life**, a small yet concise list of our important medical information and emergency contact(s). Ann provided these in the past to interested members, and a request has been made for more. Please see Ann for further information and to sign up to receive one.

> **Janet Knight** shared one of her own inspiring poems, just prior to lunch.

LUNCH – Coordinators Bill Grimes and Julie Larson, Treasurer Rosalie Thurbon

Enjoy a poboy from **Paulie’s Poboy**s, plus chips, drink, and dessert! All for \$8 – a bargain! You may pay anytime except during speaker presentations. You will receive a lunch “ticket” when you pay, and you will then turn in the ticket to one of our “kitchen crew” when you pick up your food.

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.

LEOH WEEKLY MEETINGS ARE NOT JUST EDUCATIONAL, THEY'RE A GREAT WAY TO CONNECT WITH FELLOW MEMBERS AND MEET NEW PEOPLE.

ENJOY REFRESHMENTS, LUNCH, AND AFTERNOON ACTIVITIES AS A BONUS!



Beautiful flowers are often a part of LEOH meetings! The large arrangement to the left had a little bit of Fall included, with the apples surrounding the vase.

Below, a small vase of beautiful flowers adorned our Treasurer's table.



Pam Lewis and Jenny Castaneda of non-profit *Compassionate Houston* discussed CH's numerous compassion-oriented programs.



Dr. John Anderson discussed the changes he observed over the course of many Antarctica expeditions, and illustrated cyclical trends over hundreds of years, as sea levels currently rise during global warming.



Janet Knight's guest was her goose, Lucy, who appeared to be dressed for lounging by the pool or lake.



Bill Grimes and Julie Larson were well-prepared to supply everyone with great refreshments and a tasty lunch.

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

Details as they become available will be on our website; sign-up will be closer to the trip dates. We continue to have interesting, informative, and entertaining trips, thanks to Ann! Lunch at an area restaurant always follows a trip, unless otherwise noted. We are grateful for our bus drivers and free Precinct One bus use; however, if you have a complaint about the bus service or driver, please let Ann know. Or scan a QR code at the front of the bus.

Wednesday, October 14 – Rice University walking tour, followed by lunch in Rice Village.

Thursday, November 12 – Bayou Wildlife Zoo – lots to see on this 2-hr train ride in Alvin.

Thursday, December 3 – Holiday lunch – restaurant admission fee is a toy donation!

CARING CORNER Kelly Cervenka, Coordinator – kcervenka39@gmail.com; 281-686-1325

Kelly will gladly send an appropriate card on LEOH's behalf to someone upon your request.

BOOK CARTS & DISPLAY TABLES Vickie Fella, Coordinator - vickiesue.fella@gmail.com

Display table items are free to keep (except books). *Borrow* a book and return it when done for others to enjoy. **NOTE:** Many hardcover best-sellers were recently donated and have now been added to the book carts. Please keep the carted books in strict alphabetical order to assist everyone in finding books by author. *Bookworms* (no, not the insect), aka *bibliophiles*, rejoice!

SERVICE PROJECTS allow us to assist those in need in our surrounding communities. Projects are selected based on needs identified by a non-profit organization. LEOH members may then donate designated items. Monetary donations are always an option and can be received by LEOH treasurer Rosalie Thurbon. Our Fall project is a continuation of the Spring project, ***The Women's Home***, a residential treatment and housing program to enable women to reenter society empowered and valued. Project coordinator is Nina Quartaro. Look for a collection bin and take-home copies of the list of needs at the meetings. **NOTE: Please, no toothbrushes/toothpaste at this time.**

Unopened makeup Gum and mints Unopened lotions Reading glasses
Sample-sized cosmetics Bath sponges/brushes Tampons Daily devotional materials

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 leoh.texas.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. What can we do to make LEOH better?