



LEOH Fall Program – our 46th Year!



Fellowship Hall, Bellaire UMC | October 15, 2026

Morning Activities – Beginning at 9:15 a.m.

REGISTRATION – Coordinator Jane Shinn

Pick up your name tag at the registration table just inside Fellowship Hall and return it when leaving (for safekeeping until the next meeting). NOTE: A hard copy of the Fall 2026 LEOH Membership Log will be available to all to review for accuracy, prior to finalized hard copies to be made available to all at our next meeting.

REFRESHMENTS (Coffee, Tea, Water, Snacks)

Snacks and beverages are available to everyone prior to lunch.

THIS WEEK’S SPEAKERS

Provided by speaker committee members Jim Burrough and Vickie Fella.

10:00-11:00 a.m. WHAT’S UP HOUSTON

ATTWATER PRAIRIE CHICKEN NATIONAL WILDLIFE REFUGE

Jaide Cooper, Wildlife Refuge Specialist, tells us that although the refuge was originally established to protect this endangered species, it also serves as one of the largest remnants of native coastal prairie in southeast Texas.

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

TEXAS SILVER-HAIRED LEGISLATURE (TSHL)

Viola Hebert, MA, and long-time TSHL member, elaborates on the goals and accomplishments of this 50-year-old organization that meets in our state capital and works with our legislature to implement TSHL initiatives that benefit seniors.

Attendees: Please silence your phones (and yourselves) during speaker presentations!

Quiet
Zone

Lunch & Afternoon Activities – Fellowship Hall, unless otherwise noted

12:15 p.m. ANNOUNCEMENTS, WEEKLY LUNCH DRAWING, INSPIRING THOUGHTS/PRAYER FROM LAST WEEK’S MEETING:

- > President **David Martin** welcomed everyone and reminded all that vaccinations were in process. We thank Randall’s pharmacists for continuing to provide this service to us annually.
- > **Sandra Williams** reminded everyone that they were welcome to attend the upcoming biblical-themed movie *David* on Monday the 12th at 2 p.m. at the church. This special matinee, a non-LEOH event, offers free popcorn as an added attraction!
- > 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. **Jane Shinn** was last week’s winner!
- > **Susan Downs** shared a reading (see page 3) 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. Receive a lunch “ticket” in exchange, which you will then give to a “kitchen crew” member before picking up your food.

PARTY DAY LUNCH – NOVEMBER 5TH, CATERED BY THE ‘401 RESTAURANT

This special lunch is not to be missed! It signifies the closing of a successful Fall session, as we all look forward to the upcoming holidays and our Spring 2027 LEOH session. If you have yet to pay the \$14 fee, please do so soon, as walk-ins cannot be accommodated that day. Check with Julie Larson or Bill Grimes for details; payment goes to Treasurer Rosalie Thurbon.

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.

NOTES FROM LAST WEEK



Lola Macias
Voter Outreach
Associate
League of
Women Voters

The LWV grew from the women's suffrage movement. They register and educate voters, host candidate forums, and advocate for voting rights and civic issues. Their multi-lingual, non-partisan voter guide is available in print and digitally. We were reminded to bring an accepted photo ID when voting, along with any notes on paper (phones are not allowed). Educate yourself about LWV and our current candidates and issues at LWVHOUSTON.ORG.

Angelina Brown Hudson, MP
CEO
NAMI (National Alliance
on Mental Illness)
Greater Houston



Statistics tell us 1 in 5 experience a mental health condition at some point, with half beginning at age 14. Long-term stress can affect physical as well as mental health. Create a "web of support" of others you can rely on; practice calming techniques; rest and regulate with brief breaks. Embrace relationships that make us feel the 4 S's – safe, soothed, secure, and seen. The **WHO** defines mental health as a state of wellbeing in which the individual realizes his or her abilities, can cope with the stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community. Learn more at NAMIGREATERHOUSTON.ORG.



Table settings are always beautiful and thoughtful, thanks to Patsy Frederick and Sandra Williams! Fall was in the air last week, including the always appropriate *Give Thanks* reminder.

Five Things to Stop Doing after 60

shared by LEOH member Susan Downs

1. Stop worrying about your children as if they are still little (you can still love, guide, and pray for them).
2. Stop working with the same exhaustion you had in your youth.
This season of life is about balance, not burnout. (Take walks; sleep properly)
3. Stop raising your grandchildren as if they were your responsibility.
Create memories; love them deeply; support them wisely.
4. Stop staying silent just to avoid conflict. You are not difficult for having boundaries.
5. Stop living only for others. Now is the time to reconnect with yourself.
(Travel, rest, read, etc.)

Growing older isn't about becoming less important. It's about finally figuring out what truly deserves your energy. You deserve mornings that are peaceful; freedom; and a life that is not built around obligations.

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 a train ride/tour 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. Please keep the carted books in strict alphabetical order to assist everyone in finding books by author.

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 Purses
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
- 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?