



LEOH Fall Program – our 46th Year!



Family Life Center, Bellaire UMC | October 8, 2026

WELCOME to our newest LEOH member, Margaret Farmer!

Morning Activities – Beginning at 9:15 a.m. in the Family Life Center

REGISTRATION – Coordinator Jane Shinn

Pick up your name tag at the registration table just inside the Family Life Center and return it when leaving (for safekeeping until the next meeting). Our most recent new members should receive permanent name tags to replace their temporary tags at the next meeting.

VACCINATIONS – Coordinator Julie Larson

Enter the Family Life Center to be directed to nearby Room 137 to receive your vaccination(s). Bring your ID, Medicare/Insurance card, and completed *Informed Consent for Immunization* form. Don't forget to wear something that gives the pharmacist upper arm access!

REFRESHMENTS (Coffee, Tea, Water, Snacks)

Snacks and beverages are available to everyone prior to lunch.

THIS WEEK'S SPEAKERS

Provided by speaker committee members Judy Bristol and Vickie Fella.

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

LEAGUE OF WOMEN VOTERS OF HOUSTON

Lola Macias, Voter Outreach Associate, elaborates on the role of this non-partisan organization in educating voters on election issues and candidates.

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

NAMI (National Alliance on Mental Illness) - Greater Houston

Angelina Brown Hudson, MPA and CEO, discusses the wide variety of programs and services NAMI offers to families, caregivers, and others.

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

Quiet Zone

Lunch & Afternoon Activities – Family Life Center, 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 noted the change in meeting room for the October 8 meeting (signage will be available to direct newcomers). He also reminded everyone that vaccines will be given next week. The church also has a new security guard, Mr. Jones, following Terrill's retirement.

> **Ann Fairchild** reminded everyone that the *File of Life* emergency information packets are available for \$1. See Ann to purchase. Proceeds go to LEOH.

> 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. **Joy Lindsey** was last week's winner!

> **Nina Quartaro**, coordinator for both the **Holiday Market** and **The Women's Home** Service Project, reminded everyone of these events and need for items. **Purses** are a new item to be added to the wish list for the residents of **The Women's Home**. See Nina for details.

> **Mark Polhemus** shared the **Ten Commandments for Living** (see page 3) and offered a blessing 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.

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

Coordinator: Pat Roberts

12:45 p.m. SOCIAL BRIDGE (Family Life Center)

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 (Family Life Center)

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 (Family Life Center)

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.

LAST WEEK'S SPEAKERS



Garret Berg
Community Relations
Manager
Port Houston

The Allen family and Jesse Jones were instrumental in bringing the port to Houston. It opened in 1914, and the economy it created included Rice University and the Medical Center. It has created over a million Texas jobs and brought billions of dollars to our economy. The Port takes pride in community projects and environmental stewardship, as it is currently expanding the channel. Learn more at porthouston.com.



Elizabeth White Olsen
Co-founder
GO Native
Landscaping

Her goal is to inspire others to add pollinator plants to their porch and/or yard, which will result in butterflies one can enjoy daily. We were reminded of the butterfly life cycle – eggs, larva, pupa, and lastly, adult, and the need to provide and protect their host and nectar plants. Simply saving leaves as mulch can assist in this process. Butterfly population decreased 22% between 2000-2020. Following her talk, interested LEOH members purchased her book *Bringing Butterflies Home*.

The Ten Commandments for Living

by Elodie Armstrong, shared by LEOH member Mark Polhemus

1. Thou shalt not worry, for worry is the most unproductive of all human activities.
2. Thou shalt not be fearful, for most of the things we fear never come to pass.
3. Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.
4. Thou shalt face each problem as it comes. You can handle only one at a time, anyway.
5. Thou shalt not take problems to bed with you, for they make very poor bedfellows.
6. Thou shalt not borrow other people's problems. They can take better care of them than you can.
7. Thou shalt not try to relive yesterday for good or ill – it is gone. Concentrate on what is happening in your life today.
8. Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.
9. Thou shalt be a good listener, for only when you listen do you hear ideas different from your own.
10. Thou shalt not become bogged down by frustration, for 90% of it is rooted in self-pity and it will only interfere with positive action.

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 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. 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: 713-666-216
- 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?