

# primetime@fed



## "A Mission in our Midst" September, 2017 Newsletter



*Create in me a new heart, O God, and renew a steadfast spirit within me. Psalm 51:10*

What a lovely summer! I hope all of you have had a wonderful summer too.

Let's review some of our trips over the summer. In June, we headed out to the Amish Country Theater where I was unlucky enough to be called up on stage. After they made me look like a dumb blonde whom everyone was supposed to love, I got to finally scuttle off the stage. No, that was not set up ahead of time. Our other June trip was a tour of Progressive Field. Now that was fun! Sitting up in the press box and down in the dugout makes you just want to sing "Take Me Out to the Ball Game." In July, we had our annual trip to Blossom to see the Cleveland Orchestra shine. Also in July, we had Karen Lakus, a historical interpreter from the Metroparks, ride in our bus as she told us about the four Metroparks we visited. We are so lucky to have these parks nearby.

Thank you all for attending our picnic! We also want to thank our wonderful committee and friends that helped organize it too. Marilee and John Biel had so many supplies in their car, it's a wonder they could see out! Everyone went home a bingo winner, too! A big thank you goes out to Hamlet Village for sponsoring our event.

We can't forget about helping out St. Paul's in July with the Loaves and Fishes Soup Kitchen. It felt really good to help serve food to the needy.



Walkers – get ready, set, go! Now you can go back to walking at the Family Life Center in the mornings. You can also try one class of Tai Chi for free to see if you like it. We have some really nice people in the class and we'll be very kind if you don't get it at first; we have all been there.

Luncheons start up again this month! primetime@fed welcomes Maggie Layman, who will be co-chairing the Luncheon Servers Committee along with Nancie Skonezny. They have taken on a big job and I can't thank them enough.

Get your calendars out and make some plans.

Love and Blessings to you all,  
Dolly Herschel  
primetime@fed Coordinator



Recognition of those  
primetime@fed  
members who have  
passed away in the last  
month.

*A farewell to friends;  
May God welcome  
them with open arms.*

**Ed Pierson**  
**Don Peters**  
**Ruby Henderson**  
**Caroline Dunning**

# primetime@fed Photo Gallery



Picnic



Progressive Field



Emerald Necklace Bus Tour



Blossom—Cleveland Orchestra



THE AMISH COUNTRY THEATER



Amish Country Theater



### Health and Wellness, September 2017

After the summer hiatus, your Health and Wellness articles now resume. Health and Wellness is an everyday activity, and should be a daily priority. The Cleveland Clinic publishes an internet article every day that covers a variety of topics you need to know. And best of all, it is free. Use the browser to search for "Cleveland Clinic Wellness Newsletter" and begin your subscription now.

For years I have taken a "children's aspirin tablet" because the literature noted that such a medication had a positive effect on circulation, such as prevention of heart attacks or strokes. Roughly 40-60% of adults aged 75 or older take daily aspirin or other antiplatelet drugs. Now, in a 10-year study, researchers looked at bleeding events in 3,166 patients who had previously had a stroke or heart attack and were treated with antiplatelet drugs (mostly enteric coated aspirin 75 mg). Half the patients were 75 years of age or older at the start of the study.



For patients under 65 years, the rate of serious bleeds requiring hospital admission was approximately 1.5%. For patients 75-84 years old, the rate rose to 3.5%, and to 5% for those over 85. More than half of the disabling or fatal bleeds were gastrointestinal (GI). Only 30% of patients in the study were also taking a proton pump inhibitor (PPI); PPIs can prevent about 80% of GI bleeding caused by antiplatelet agents. Older patients must not stop antiplatelet medications, but should discuss the risks and benefits with their prescriber.

With the coming of Fall, the need to have your annual flu vaccine also comes. When you arrange to get your flu shot, remember to request the strength formulated for elders.

### Akron Zoo Thursday, September 14 | 9:00 am

First, we will stop at Krispy Kreme to get fresh-made donuts for sustenance. Then we will visit the Akron Zoo and visit tigers, bears, and red pandas native to Asia. Learn about their lives in the wild and at the zoo. We will then ride the carousel. Lunch will be at the Komodo Kingdom Café – on your own.

**When:** September 14—Van leaves from Family Life Center at 9:00 am, returns at 3:00 pm.

**Reservations:** Payment by September 5. Call 440.247.6490.

**Cost:** \$20

**Restaurant:** Komodo Kingdom Café on your own

**WE BUY TICKETS IN ADVANCE BY THE COUNT FROM THE SIGN-UP SHEETS, SO IF YOU CANCEL AFTER THE DEADLINE AND THERE'S NO WAITING LIST, YOU WILL BE RESPONSIBLE FOR THE COST OF THE TICKET!!!**



**Federated Forum**  
**Monday, September 11**  
**Fellowship Hall**  
**1:30 pm Refreshments**  
**2:00 pm Program**

**"500 Years" presented by Reverend Robert Henderson, Lord of Life Church**

A celebration of the 500<sup>th</sup> anniversary of the Protestant Reformation will be the theme of our speaker on the next *primetime* Federated Forum. Our speaker is Reverend Robert Henderson who is the pastor at the Lord of Life Lutheran Church in Bainbridge.

Pastor Henderson has been ordained for over 20 years and is a leader among leaders. He is a very energetic evangelist, preacher, teacher and minister of hospitality both in his church and in the community at large.

He has taught classes at John Carroll University. Pastor Rob is married to his wife Kim and they have three children. He and Kim like to travel and they enjoy spending time with their children doing fun sports and other activities.

His presentation to the Federated Forum will deal with some of the events leading up to the Reformation in 1517 and then details about Martin Luther and the significance of the event itself. He will also speak about what has transpired to this day and what it has meant to Christians worldwide since the Reformation.

**Join us to learn more about our Protestant heritage. You will be greatly inspired by Pastor Rob as we consider our own spiritual journey.**

**Visit to the Atrium in Aurora**  
**Wednesday, October 4 | 11:30 am**

We are going to plan tours of assisted living facilities quarterly. You can see the facilities with no pressure and will know what is out there if you need to have short term rehabilitation or want to downsize to an assisted living arrangement.



Diane Barben from "The Atrium at Anna Maria" has invited us to come have lunch and tour their new facility.

The Atrium at Anna Maria is a new senior living community that has been designed to fit the lifestyle sought by the active-minded senior. Atrium Living is centered on experiencing the vitality and enjoyment of life. It offers Independent Living, a Memory Care facility called "Reflections" and short term rehabilitation services.

Come with us as we explore the facility and see the indoor swimming pool, salon/spa, fitness center, bistro/lounge and more. We will have lunch and then have the tour.

**When:** Van leaves from Family Life Center at 11:30 am, returns at 2:00 pm.

**Reservations:** Call 440.247.6490.

**Cost:** \$7

**Meal:** Lunch included

**A Montage of Family Interests & Memories**

Mary Hobbs, one of Federated's own and a very talented artist, has offered a commissioned 30" x 40" art piece in vegetable oil and wax colored pencil.



Federated's Rejoice & Renew Capital Campaign will host an online auction of this art commission **August 27 through September 9. Minimum Bid is \$1,000.00.** Email bids to [federated.rejoice.and.renew@gmail.com](mailto:federated.rejoice.and.renew@gmail.com). Winning bid will be announced September 10.

The winner will meet with Mary to determine the content of a family montage or image of their choice. Proceeds from will go to the *Rejoice & Renew Capital Campaign*.

**primetime@fed Luncheon**  
**Thursday, September 28 - 12:30 pm**  
**Family Life Center (doors open at 12 pm)**

**Entertainment by:** Darren and Kristen Lambert.  
Sponsored by Cherished Companions Home Care.  
Lena Macfarlane, their Market Manager, will say a few words and answer any questions.

Darren and Kristen Lambert have performed together since 2010. They both sing and play keyboard. Darren also plays guitar and a variety of musical instruments such as accordion, ukulele and other percussion instruments.



They have been traveling musicians on a full-time basis since 2015, playing all over different states for a variety of audiences, most commonly, elder care facilities. They are very well versed in the types of music that their audiences enjoy listening to and can play music from the 1920s through the 1980s. Some of their genres of music that they have in their repertoire include Dean Martin, Frank Sinatra, Louie Armstrong, Rosemary Clooney, Patsy Cline, Loretta Lynn, Johnny Cash, Willie Nelson and more.

They have been married for 6 1/2 years and are expecting a baby boy at the end of November.

**Menu:** Pulled pork sandwich, coleslaw, individual bag of chips, pickle, slice of pie

**Cost:** \$10 at the door

**Reservations due by Friday, September 16:** Call 440.247.6490. After that date, names will go on a waiting list. If you need to cancel, please do so by September 22.

Those who cancel after the reservation deadline will still be responsible for the cost of the meal. Hamlet residents: please let Hamlet know if you want to ride the van to this event and mention it when you RSVP.

**Dinner and a Chat at Merwin's**  
**Wednesday, September 27 | 5:00 pm**

Ohio was once an untamed wilderness. We will enjoy a meal prepared in the style of Ohio's cuisine 200 years ago. As we dine, we will find out about the animals that survive today and those that disappeared as humans settled the land. Karen Lakus, who led the recent trip to several Metroparks locations with us, is the speaker.



Our menu is quite different and exciting! Yum! Here's our three course menu: (Coffee, tea, and soft drinks included.)



- 1<sup>st</sup> Course:** Braised rabbit "croquet monsieur", garlic sourdough crostini, Gruyère mornay, baby spinach
- 2<sup>nd</sup> Course:** Buttermilk fried frog legs, peppery watercress salad, spicy local honey
- 3<sup>rd</sup> Course:** Grilled Ohio bison, chipotle and sweet corn puree, roasted new potatoes

**Time:** Van leaves at 5:00 pm from the Family Life Center, returning about 8:45 pm.

**Reservations:** Payment by **September 14**. To RSVP, call 440.247.6490.

**Cost:** \$45 **We can take 38 if some want to drive separately. (The bus only holds 30!)**

**Restaurant:** Dinner included (We'll provide cookies for dessert. Alcoholic beverages available on your own.)

**WE MUST PAY IN ADVANCE BY THE COUNT FROM THE SIGN-UP SHEETS, SO IF YOU CANCEL AFTER THE DEADLINE AND THERE'S NO WAITING LIST, YOU WILL BE RESPONSIBLE FOR THE COST OF THE PROGRAM!**



# Ongoing primetime@fed Offerings . . .

## **Spirit Walk & Roll—Monday through Friday, 8-9 am at the Family Life Center**

Come when you can and leave when you must. Walk at your own pace. Bring a buddy if you wish. **Warm inside in the winter; cool inside in the summer!**

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## **Pillows for Hospice—2nd Monday, 10 am at Bell St. Daily Bread Classroom**



This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, they are discarded after use so there is always a need for more. The fellowship often includes some yummy treats. All are welcome.

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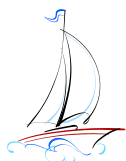
## **primetime@fed Bridge—1st and 3rd Tuesday, 1-3:30 pm at Bell St. Lounge**



Players must sign up by 3:30 pm the Friday before! Sign ups after that time will be put on a sub list. Remember to call ASAP if you find you can no longer attend. Only 28 players can be seated at seven tables. If interested, please call Harriett Rogers at 440.247.5845 or Coline Kiehne at 440.248.8199.

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## **'Same Boat' Girlfriends**



This is a group for widowed women who gather for dinner each month. Contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net to find out where they will meet for this month's gathering. Also, please tell Jenny if you'll need a ride. Note: If leaving a message or sending an email, be sure to include your phone number so Jenny can contact you with any last minute updates. All widowed women welcome—hope you can join us!

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## **'Same Boat' Friends—Wednesday, September 27**

"Same Boat" friends is a social group for widowed men. We will meet at 5:15pm in the church parking lot to carpool to **Blazin' Bills**. Call Don Hoke at 440.338.8219 by the *Monday before the outing*. (September 25) to join the crew. All widowed men welcome.

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## **Bowling—1st and 3rd and 5th Friday, 2-4 pm at Freeway Lanes in Solon**

Join the primetime@fed crew for some bowling fun! We meet twice a month (3 times on five Friday months). All are welcome!

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## **Tai Chi—The Movement of Life—Mondays, 10-11 am at Bell St.**



The Tai Chi program at Federated is unique in that it has been designed for practitioners over 55 years of age. While participating, the practitioner is engaged in the mental and physical discipline required. Balance is improved and muscles are strengthened. Join at any time. Sign up for an 8-week session for \$120 single or \$200 couple. For information regarding the instructor, Ed Niam, go to [www.taichicleveland.com](http://www.taichicleveland.com). **NO TAI CHI ON LABOR DAY SEPT 4.**



# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8-9 am—Spirit Walk n’ Roll — FLC gym  2-4 pm <i>primetimers go bowling in Solon</i>	2
3  Communion 10 am <i>Family Worship, Bell St</i>	4  LABOR DAY  All Church Buildings Closed for the Holiday	5  8-9 am—Spirit Walk n’ Roll — Family Life Center gym  1-3:30 pm <i>primetime@fed Bridge, Lounge</i>	6	7	8	9
10  RALLY DAY  9 am <i>Worship &amp; Sunday School, Bell St</i> 11 am <i>Worship &amp; Sunday School, Bell St</i> 12 pm <i>Rally Day Reunion, Bell St.</i>	11  10-11 am <i>Tai Chi, Fellowship Hall</i> 10 am <i>Pillows for Hospice</i> 1:30-3 pm <i>Federated Forum, Fellowship Hall</i> 3:15 pm <i>primetime@fed Ministry Team Mtg</i>	12	13	14  9:00 am <i>Trip to Akron Zoo, Meet at Family Life Center</i>	15  2-4 pm <i>primetimers go bowling in Solon</i>	16
17  9 am <i>Worship &amp; Sunday School, Bell St</i> 11 am <i>Worship &amp; Sunday School, Bell St</i>	18  10-11 am <i>Tai Chi, Fellowship Hall</i>	19  1-3:30 pm <i>primetime@fed Bridge, Lounge</i>	20	21	22	23
24  9 am <i>Worship &amp; Sunday School, Bell St</i> 11 am <i>Worship &amp; Sunday School, Bell St</i>	25  10-11 am <i>Tai Chi, Fellowship Hall</i>	26	27  5:00 pm <i>Merwin’s Wharf trip, Meet at Family Life Center</i>  5:15 pm <i>Same Boat Friends carpool to Blazin’ Bills</i>	28  12:30 pm <i>primetime@fed Luncheon, Family Life Center</i>	29  2-4 pm <i>primetimers go bowling in Solon</i>	30





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**primetime@fed**  
**Mission Statement**

*primetime@fed is a church-based organization providing spiritual growth, service to others, and education. This program provides opportunities for social involvement and gives people a sense of community and support. Federated Church sponsors this program to help enrich the lives of its members and the wider community.*



# September Birthdays

Audrey Bashian	4	Barbara Reiss	18
Pat Fox	4	Joan Elliott	19
Norma Burrows	7	Olney Dekker	21
Bill Johannisson	7	Jim Sutherin	21
Regina Johannisson	8	Joe Coney	22
Susie McWilliams	8	K-Leigh Ericson	22
Dave Strauch	9	Judy Batdorff	23
Bob Faroo	10	Marie Powers	23
Silvia Kenneweg	10	Virginia Catlin	24
John Bourisseau	12	Ellana Miklos	25
Ruth Long	15	Alan Cook	26
Mary Eason	16	Connie Caldwell	27
Marty Fulton	17	Janie Case	27
Linnea Rostek	17		

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