

# primetime@fed



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



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

Happy fall, everyone! This is the season with pumpkin patches, sweaters and the smell of fall is in the air.

We are getting back into the swing of things, our Federated Forums and luncheons have started back up. Last month's Federated Forum featured Robert Henderson from Lord of Life Church. He covered the history of how reformation began 500 years ago in 1517. The Reformation was started by Martin Luther, a 33-year-old professor of moral theology at the University of Wittenberg, Germany. He posted 95 theses on the door of the Castle Church. This act, aided by the printing press, began church reform and changed the course of Christian History.

In August and September we had four very memorable trips.

Our first was to Conneaut, Ohio where we got to see a reenactment of a WWII battle on the beach of Lake Erie, ride in a reproduction of a WWII boat and walk through WWII bomb shelters and camp sites. Don Anderson, who served in the Navy in the Korean War, was looking for Navy T-shirts in all the sales booths there, but none were to be found. At the very end of our trip, we walked past the Navy recruitment booth and they were so excited to talk to him that they gave him two of their T-shirts! It was an awesome ending to a great day.



Don Anderson with the Navy Recruits

For our second trip we went on the St. Helena III Canal Boat cruise. It was very relaxing as we listened to the Hey Mavis Duo, husband-and-wife band, sing songs about the Ohio and Erie Canals.

Our third trip was our annual trip to ride on the Nautica Queen Cruise. Can you tell that we have a boat theme going on here? We all loved to see how our downtown Cleveland is changing and what is new along the lake.

We also visited the Akron Zoo in September. Yes, lions, tigers and two bears! Some of us even got on the carousel! Before the zoo, we stopped at Krispy Kreme and enjoyed warm glazed donuts. Yum.

As you can see, it was a very busy few months and we ushered summer out with a bang! As always, we are working hard to offer interesting activities for all of you to enjoy, so please sign up and join us!

Thankful for all of you,  
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.*

**Robert Hemstreet**

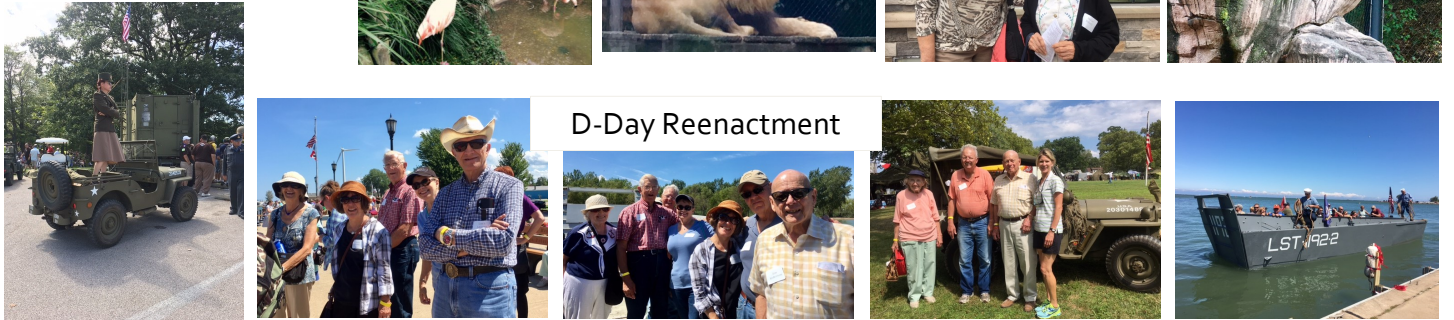
# primetime@fed Photo Gallery



Hey Mavis Canal Boat Ride



Akron Zoo



D-Day Reenactment



September Federated Forum



Nautica Queen Cruise



### Health and Wellness, October 2017

The fall season began on September 21, and so did the time to get your senior strength flu shot.

My wife and I received ours last week from our primary physician. You, likewise, can get yours from your primary physician. Or, you can get it from your local pharmacy. Flu shots are covered by Medicare, so there should be no cost to you.

Have you received a new prescription lately? When you picked it up from the pharmacy, did you ask the pharmacist if there were any drug side effects or if there were any drug—drug interactions with the other medications you are taking? Like my family, we see many types of clinicians, so your pharmacist's records of your medication history are often the only "complete" record of the medications you are taking. It is not an imposition on your pharmacist to ask that your medication record be reviewed. When a drug—drug interaction or adverse effect is suspected in an older patient, the problem needs to be communicated to the prescriber so that a decision can be made about changing to safer alternatives or effective monitoring is put in place. As the patient, you need to be informed, as well as your caregiver, if applicable, of potential problems so that you can alert your clinician.



As an example of the above, about one-half of community-dwelling older adults take statins, and myalgias or myopathy occurs in 10% to 15% of these individuals. Newer data has associated statin use with cognitive impairment and diabetes. In 2012, FDA warned of these potential risks but added that the risks are often outweighed by the cardiovascular benefits. Unfortunately, many clinicians do not take those potential risks into account when prescribing statins. That is why effective monitoring is necessary.

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## Visit to the Atrium at Anna Maria 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



## Federated Forum

Monday, October 9

Fellowship Hall

1:30 pm Refreshments

2:00 pm Program

### “Rescue Village” presented by Hope Brustein

Hope Brustein became Executive Director of Rescue Village in 2007. What started as a dream to expand this small gem of a shelter on Chillicothe Road has become a professional passion.

Hope grew up in New York City – a far cry from living and working in Geauga County. After coming to attend college in the Midwest, Hope made her home and raised her family in Cleveland Heights.



Working as a healthcare advocate gave way to directing The Ulster County SPCA in Kingston, NY. It was a life change and, in her words, “the most intoxicating headache and challenge I have ever faced.”

Today Rescue Village is a top tier animal shelter and Hope’s roots are deep in Geauga County and the Chagrin Valley. With a staff of 35 people and involving over 400 volunteers, Hope has become a tireless advocate for our community’s animals as well as its people.

## Cuyahoga Valley Scenic Railroad Trip

Thursday, October 12 | 11:45 am

Enjoy a ride through the lush landscape of the Cuyahoga Valley National Park! There will be many sights to see, including lovely fall foliage at this time of year. There will be a docent with us for 30 minutes to give us a guided tour and answer any questions we have. We’ll be served our choice of boxed lunches on the train.



**Time:** Van leaves at 11:45 am from the Family Life Center, returning about 5:15 pm.

**Reservations:** Payment by **October 5**. To RSVP, call 440.247.6490.

**Cost:** \$35

**Meal:** Box lunch included on board the train.

When you call to reserve your spot, please give your choice of sandwich: roast beef, ham, turkey, or veggie wrap; and your choice of drink: Coke, Diet Coke, Sprite or water. All lunches also include pasta salad and a chocolate chip cookie.

**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!!!**

### Save the Date - Upcoming Trips:

11/17/17—All day trip to Cambridge, Ohio to see the Dickens Christmas.

Watch for more information and sign-up details in upcoming newsletters!

**primetime@fed Luncheon**  
**Thursday, October 26 - 12:30 pm**  
**Family Life Center (doors open at 12 pm)**

**Entertainment by:** Eric Noltkamper, One Man Band  
Accordion Music.

Sponsored by Home Instead Senior Care.

Liz Kentner will be there to answer any questions.

Eric Noltkamper became interested in the accordion and began taking lessons at the age of 13. Shortly after, he began teaching himself the banjo and guitar. By age 15, he played his first engagement with "America's Polka King" Frankie Yankovic. By 1995, Eric was nominated for four awards from the National Cleveland-Style Polka Hall of Fame and also performed in the All Star Band. His love for polka music was not limited to Slovenian Style alone. That same year, he joined Eddie Blazonczyk's Versatones from Chicago and began traveling the country almost every week.



Eric started his own recording studio called Green Guy in Cleveland. In 2007, Eric began performing as a one man band for many area ballroom dances and parties, and in 2009, Eric won the "Best Polka Album" award from the "Just Plain Folks" independent music organization for his recording of "Studio to Stage."

**Menu:** BBQ boneless chicken, potato salad, steamed broccoli, ricotta cookie

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

**Reservations due by Friday, October 20:** Call 440.247.6490. After that date, names will go on a waiting list. If you need to cancel, please do so by October 20.

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.

**Quintealia's Tea Parlor,  
Sunrise Farm Gifts,  
and Sharon James Cellars**

**Wednesday, October 18 | 11:00 am**

We'll lunch at Quintealia's Tea Parlor in a lovely Victorian mansion in Burton on the Square. Our lunch will be the full afternoon Tea which includes a three - tiered assortment of tea sandwiches, petite sweets, freshly baked scones with Devonshire cream and jam and a bottomless pot of tea. **NOTE: when making reservation please let us know of any food allergies, such as seafood or nuts!**



Next, we'll head to Sunrise Farm Gifts for a little shopping and sampling. Wonderful displays and gifts for the fall holidays! Get your pumpkins here!

Then off to Sharon James Cellars, for a little relaxation after all that shopping! We'll have a wine tasting there before heading home! And we get to keep our glass as a souvenir!

**Time:** Van leaves from Family Life Center at 11:00 am, returns at 4:15 pm.

**Reservations:** Payment by October 10.  
Call 440.247.6490.

**Cost:** \$45

**Meal:** Lunch at Quintealia's Tea Parlor



# 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' Girlriends—Thursday, October 12, 6:00 pm**



This is a group for widowed women who gather for dinner each month. We will meet at **Imperial Wok** in Solon at 6:00 pm. Contact Jenny Evans at 440.247.7101 or [jenny8854@sbcglobal.net](mailto:jenny8854@sbcglobal.net) by *October 11* to reserve your spot. 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, October 25**

"Same Boat" friends is a social group for widowed men. We will meet at 5:15 pm in the church parking lot to carpool to **Chicago Deli** in Solon. Call Don Hoke at 440.338.8219 by the *Monday before the outing (October 23)* to join the crew. All widowed men welcome. When you call, advise if you need a ride.

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## **Bowling—1st and 3rd 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).



# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Communion <u>9 am</u> Worship & Sunday School, Bell St <u>11 am</u> Worship & Sunday School, Bell St	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8-9 am—Spirit Walk n’ Roll — Family Life Center gym						
	<u>10-11 am</u> Tai Chi, Fellowship Hall	<u>1-3:30 pm</u> primetime@fed Bridge, Lounge	<u>11:30 am</u> Visit to Atrium at Aurora, Meet at Family Life Center		<u>2-4 pm</u> primetimers go bowling in Solon	
<b>8</b> <u>9 am</u> Worship & Sunday School, Bell St <u>11 am</u> Worship & Sunday School, Bell St	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8-9 am—Spirit Walk n’ Roll — Family Life Center gym						
	<u>10-11 am</u> Tai Chi, Fellowship Hall <u>10 am</u> Pillows for Hospice <u>1:30-3 pm</u> Federated Forum, Fellowship Hall <u>3:15pm</u> primetime@fed Ministry Team Mtg			<u>11:45 am</u> Trip to Cuyahoga Valley Scenic Railroad, Meet at Family Life Center <u>6:00 pm</u> Same Boat Girlfriends, meet at Imperial Wok		
<b>15</b> <u>9 am</u> Worship & Sunday School, Bell St <u>11 am</u> Worship & Sunday School, Bell St	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
8-9 am—Spirit Walk n’ Roll — Family Life Center gym						
	<u>10-11 am</u> Tai Chi, Fellowship Hall	<u>1-3:30 pm</u> primetime@fed Bridge, Lounge	<u>11:30 am</u> Trip to Quintealia’s Tea Parlor, Sunrise Farm Gifts, and Sharon James Cellars, Meet at Family Life Center		<u>2-4 pm</u> primetimers go bowling in Solon	
<b>22</b> <u>9 am</u> Worship & Sunday School, Bell St <u>11 am</u> Worship & Sunday School, Bell St	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
8-9 am—Spirit Walk n’ Roll — Family Life Center gym						
	<u>10-11 am</u> Tai Chi, Fellowship Hall		<u>5:15 pm</u> Same Boat Friends carpool to Chicago Deli	<u>12:30 pm</u> primetime@fed Luncheon, Fellowship Hall		
<b>29</b> Reformation & Stewardship Sunday <u>9 am</u> Worship & Sunday School, Bell St <u>11 am</u> Worship & Sunday School, Bell St	<b>30</b>	<b>31</b>				
8-9 am—Spirit Walk n’ Roll — Family Life Center						
	<u>10-11 am</u> Tai Chi, Fellowship Hall					





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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.*



# October Birthdays

Tom Davis	2	Eve Henderson	18
Harriett Rogers	2	Carol Renner	18
Arlene Abbott	5	Steve Morris	20
Ralph Kneale Jr.	6	Herk Exline	20
Bruce Bartter	8	Amanda Morris	22
Irene Noda	9	Bill Zelazny	22
Jane Davis	9	Mary Hobbs	23
Karen Nadeau	10	Dave Watterson	23
Helen Edwards	12	Kay Wellman	25
Sandy Wilsman	12	Sally Harrold	26
Beth Listerman	13	Ann-Marie Heston	27
Adele Cunningham	16	John Hall	28
Marilou Nicol	16	Bill Lineweaver	30
Ann Bullen	17	Lindy Bryson	31
Tom Munson	17		

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