

Primetime



"A Mission in our Midst" May, 2018 Newsletter

He shall come down like rain upon the mown grass - as showers that water the earth. —Psalm 72:6

Hello Friends!

Let me start by saying this – Our Director of Music Ministries Joshua Konow's musical program at our services on Sunday, April 15 was downright glorious. The program, called "Sunrise Mass" is by Norwegian composer Ola Gjeilo who is currently 40 years old. It's a modern piece composed in 2009. We heard this wonderful intermingling of human and instrumental voices coming from the combined might of both our choirs and students from The Cleveland Institute of Music.

In other news, our trip to see the Noah's Ark later this month is a GO!!! Thank you to everyone who signed up. It will be a sight to behold. Great Day Tours organized it and they know how to fit many activities into two full days... get ready to have fun!

Our trips in April were also full of activities. Our first trip was to Garrettsville. We had a nice lunch at Cal's and only one waitress for all of us. She did such a great job we all applauded her when we left – she was such a trooper. We then visited the Monica Potter Home store where they have some great skin care products and home décor. We then went about a mile down the road to the J Leonard Gallery. Mr. Joe Leonard's artistic ability as a master carver was very impressive, especially the life-size animals he carved. Several other local artists showed their wares – Harriett Rogers and I cleaned out the ceramic Christmas ornaments!

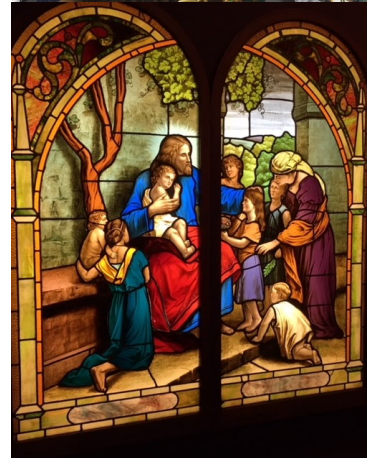
Our second trip in April was to The Museum of Divine Statues in Lakewood. The owner, Lou McClung, told us how he saved and repaired so many Catholic statues. Everyone loved this place. The stained glass window of Jesus with children was donated by Chief Justice Maureen O'Connor in memory of her mother.

At our April Federated Forum, it was such a treat to have Marge Adler perform. What talent she has. When playing the piano she knew almost everything by heart! And she played for almost an hour! She even marched right up to our organ and played some of the songs she played when she was the organist for the Indians!

I appreciate my wonderful volunteer committee who works so hard. I appreciate the Primetime members for coming out and making these activities blossom. Your interest in learning about things astounds me.

With Love,

Dolly Herschel, Primetime Coordinator



Primetime Photo Gallery



Garrettsville



April Federated Forum



The Museum of Divine Statues



Unfortunately, with age comes a variety of mental disorders. Depression (Major Depressive disorder, or MDD) was the leading cause of disability worldwide in 2017. Depression is a known contributor to the illness and death associated with chronic pain and diseases such as dementia, diabetes, and cerebrovascular and heart disease. Depression should be treated along with chronic medical problems to achieve the best outcome for all conditions.

Aside from pharmacologic treatments (i.e., drugs) there are ways for individuals to treat depression. Exercise is the easiest way, since it can be done anywhere. Exercise stimulates endorphin release and increases levels of brain-derived neurotrophic factor (BDNF). BDNF supports cognition and emotional regulation by promoting the creation and maintenance of healthy neurons in the hippocampus. Hippocampal shrinkage occurs in chronic depression; exercise may improve depression in part by increasing hippocampal volume.

Exercise decreases focus on worries and improves energy and sleep. A statistical analysis found that patients with MDD derived the most benefit from supervised, moderate intensity aerobic exercise (e.g., 30-60 minutes 3-5x/week). Studies in seniors suggest that lower intensity exercise may also improve the cognitive, physical and emotional symptoms of depression.

Exercise should be recommended as a primary treatment for mild to moderate depression and in addition to psychotherapy and/or antidepressants for moderately severe to severe depression. Exercise may decrease long-term reliance on antidepressants, decreasing the burden of side-effects.



Have you signed up for Federated's NEW Picture Directory?

We need **YOU** to make it complete! Sign-ups have started, so appointments are filling up quickly. Sign up NOW to get your preferred time.

Sign-up one of three ways:

- Online at fedchurch.org/directory
- After Sunday worship services in the Lobby
- By calling Melinda Smith at the church, 440.247.6490 ext. 124

You do not need to be a member of Federated to participate, just a familiar face. And there is NO COST to participate. Those who do will receive a FREE copy of the directory and a FREE 8x10 portrait.

Don't miss this opportunity to get a directory of all your Federated friends! The only way to get a copy of the directory is to be in the directory.



Tuesday – Thursday, May 29-31, 2 pm – 9 pm
Friday, June 1, 12 pm – 7 pm
Saturday, June 2, 10 am – 5 pm
Monday – Tuesday, June 4-5, 2 pm – 9 pm
Thursday, June 14, 2 pm – 9 pm
Friday, June 15, 12 pm – 7 pm
Saturday, June 16, 10 am – 5 pm

Primetime Member Spotlight

This Primetime couple has been members of Federated Church for 58 years. They have been married for 69 years and have six grandchildren and three great-grandchildren! They met in 1947 when this gentleman was playing baseball and a beautiful woman was there watching her brothers playing in the game. When the gentleman rounded third base, he saw her and it was love at first sight. When this Primetime member went home after the game he told his mother "I'm going to marry that girl."

Our mystery Primetime couple grew up in Cleveland Heights and Shaker Heights. The woman worked as a nurse at Huron Hospital. Later, she was a school nurse working with the Cuyahoga Board of Health. The man studied at Case Western Reserve College and then enlisted in the Navy. He attended shipman school for a year and served for four years. He was captain on a ship that was leaving Okinawa and they survived a typhoon.

This couple has three children and they went on many family camping trips over the years. The man worked for 37 years at King Musical Instruments Company. He also enjoyed building and dug a septic system by hand for a new home. Another hobby he loved was golf and tennis. His wife was an enthusiastic gardener and at one time had a large flower and vegetable garden.

This couple enjoys playing bridge, reading and spending time with their extended family!

Can you guess who our featured Primetime couple is?

Federated Forum

**Monday, May 14 | Fellowship Hall
1:30 pm Refreshments; 2:00 pm Program**

**Presenter Jane Baldwin:
Travels Around British Isles**

Jane is a native of the Netherlands and came to Watertown, MA with her family when she was nearly 13. She is a graduate of Boston University (A.B. in History) and obtained a graduate degree from the University of Michigan (A.M. in Library Science). She was a librarian for 24 years at various institutions until she decided to switch gears.

She left her library career and received a degree in Landscape Management from N.C. State University.

Next she spent 15 years in Baltimore as a volunteer at the local arboretum working in the gardens and teaching horticulture to members of the Arboretum and the general public. She moved to Cleveland in 2008 with her husband who had accepted a position with the Cleveland Clinic.

Jane lives in Moreland Hills and tends a large garden with two dogs by her side.



Recognition of those
Primetime members
who have passed away
in the last month.

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

Carol Wise

Primetime Luncheon

Thursday, May 24
12:30 pm (doors open at 12 pm)
Family Life Center

Entertainment by: "Johnny Live."

Sponsored by Cherished Companions. Lena MacFarlane will be there to answer any questions

John "Johnny Live" has been entertaining people for nearly 30 years. During that time he has been singing with the Cleveland POPS Orchestra, Dick Goddard's Woollybear Festival, with the Parkside Christmas Choir, and more. He has also performed at many weddings, country clubs, restaurants, senior facilities, and private parties for special occasions. He keeps a busy schedule in Northeast Ohio, and each winter in the Florida Keys.

His music consists of classic rock, country, standards, and most importantly, whatever people want to hear!

Menu: Bowtie pasta with sundried tomatoes and spinach, fruit salad and cookie.

Cost: \$10 at the door

Reservations due by Friday, May 18: Call 440.247.6490. After that date, names go on a wait list. If you need to cancel, please do so by May 18.

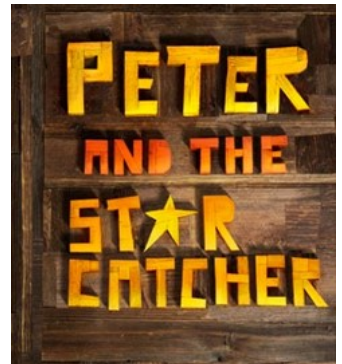
Those who cancel after the deadline will still be responsible for the cost of the meal. Hamlet residents: let Hamlet know if you want to ride the van to this event & mention it when you RSVP.



Peter and the Starcatcher: Academy for the Performing Arts Chagrin Falls Thursday, May 3 | 5:00 pm

Peter and the Starcatcher is a play based on the 2004 novel *Peter and the Starcatchers* by Dave Barry and Ridley Pearson. The play provides a backstory for the characters of Peter Pan, Mrs. Darling, Tinker Bell and Hook, and serves as a prequel to J. M. Barrie's *Peter and Wendy*.

The Academy for the Performing Arts is a college preparatory program for high school juniors and seniors from nine area school districts: Solon, Aurora, West Geauga, Orange, Beachwood, Brush, Mayfield, Richmond Heights and Chagrin Falls. Their mission is to provide talented high schoolers with a joyful, challenging and inspiring training experience in the performing arts.



We will meet at Grove Hill restaurant before the show for dinner.

When: MEET AT GROVE HILL restaurant (25 Pleasant Drive) at 5:00 pm. The play starts at 7:30 pm in the theater on the campus of Chagrin Falls High School.
We will not use the bus.

Cost: \$16

Reservations: Payment by April 25 Call 440.247.6490

Meal: Grove Hill (On Your Own)

Save the Date —Upcoming Trips:

June 6— Evening dinner at
Sapphire Creek Winery and Gardens

June 14— Evening trip to Irving Berlin
at the Allen Theater

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



Ongoing Primetime 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!**

Pillows for Hospice—2nd Monday, 10 am at Large Music Room



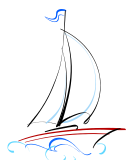
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons,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

Primetime Bridge—1st and 3rd Tuesday, 12:30-3:30 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.

Same Boat Girlfriends—Thursday, May 10, 6:00 pm



Same Boat friends is a social group for widowed women that meets each month. In May, we will meet at Jekyll's Kitchen in Chagrin Falls at 6:00 pm on May 10. To RSVP, contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net by Wednesday, May 9. 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. Hope you can join us!

Same Boat Friends—Wednesday, May 30, 5:15 pm



Same Boat friends is a social group for widowed men. This month, we will sail to **Cucina Rustica** on East Washington Street. Drive directly to the restaurant and plan to arrive by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, May 28. When you call, advise if you need a ride. All widowed men are welcome. Please join us for an evening of friendship and interesting conversation.

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



Join the Primetime crew for some bowling fun! We meet twice a month (three times on five-Friday months). All are welcome!

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



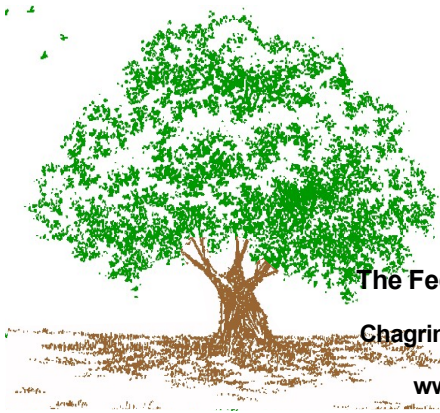
The Tai Chi program at Federated is unique in that it has been designed for practitioners over 55 years of age. While participating, the practitioner is engaged in the mental and physical discipline required. Balance is improved and muscles are strengthened. Join at any time. Sign up for an 8-week session for \$120 single or \$200 couple. For information regarding the instructor, Ed Niam, go to www.taichicleveland.com.



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		8-9 am—Spirit Walk n' Roll — Family Life Center Gym				
		<u>12:30-3:15 pm</u> Primetime Bridge, Lounge		<u>5 pm</u> Trip to Chagrin Falls Performing Arts Center, meet at Grove Hill restaurant	<u>2-4 pm</u> Primetimers go bowling in Solon	
6	7	8	9	10	11	12
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>9 am</u> Worship, Bell St <u>11 am</u> Worship, Bell St	<u>10-11 am</u> Tai Chi, Fellowship Hall			<u>6 pm</u> Same Boat Girlfriends, meet at Jekyll's Kitchen		
13	14	15	16	17	18	19
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>9 am</u> Worship, Bell St <u>11 am</u> Worship, Bell St	<u>10-11 am</u> Tai Chi, Fellowship H. <u>10-11:30 am</u> Pillows for Hospice, Large Music Room <u>1:30-3 pm</u> Federated Forum, Fellowship Hall <u>3:15 pm</u> Primetime Ministry Team Mtg	<u>12:30-3:30 pm</u> Primetime Bridge, Lounge			<u>2-4 pm</u> Primetimers go bowling in Solon	<u>8:30 am</u> Leave for trip to Covington, KY, meet at FLC
20	21	22	23	24	25	26
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>9 am</u> Worship, Bell St <u>11 am</u> Worship, Bell St <u>9 pm</u> Return from Covington, KY, at FLC	<u>10-11 am</u> Tai Chi, Fellowship Hall			<u>12:00 pm</u> Primetime Luncheon, Family Life Center		
27	28	29	30	31		
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>10 am</u> Family Worship, Family Life Center	Memorial Day— All buildings closed		<u>5:15 pm</u> Same Boat Friends, meet at Cucina Rustica			





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Primetime

Mission Statement

Primetime 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.



May Birthdays

Chuck Gates	2	Susan Dunn	16
Mary Eaton	6	Marian Svec	18
Janet Kesler	7	Rita Coney	19
Judy Rice	7	Mary Dixon	20
Gerry Powers	9	Esther Frederick	24
Betsy Hellmuth	10	Margaret Davidson	26
Jan Dolohanty	10	Pris Hoag	27
Marilyn Lucas	11	Genny Mustin	29
Jim Lucas	13	Shirley Zook	29
George Bamberger	15	Carole Mason	30
Lynn Bamberger	16	Claudette Whitelaw	31