

Primetime



"A Mission in our Midst" November, 2018 Newsletter

Give thanks to the LORD, for he is good; Psalm 118

Wishing all of you a Happy Thanksgiving! I am so thankful for my committee, our members, and all the wonderful things we do together. The excitement in the air when we go on trips, the meals where we catch up with friends, and learning new information at our Federated Forums keep us engaged and active!

One of my favorite trips in 2018 was in September – All About Chagrin. We enjoyed our meals at the newly renovated Yours Truly. Then John Bourisseau, church member and member of the Chagrin Historical Society, joined our bus as we traveled around Chagrin learning all about its history. We finished with an unbelievable selection of desserts at a lovely home in Chagrin Falls where we got to sit on the porch and relax.

At last month's Federated Forum on the Life of Walt Disney, our presenter Carol Lucas was impressive with her knowledge of Walt Disney. She had us singing along to many Disney classics like "Zip-A-Dee-Doo-Dah" and "A Spoon Full of Sugar." (Now you're singing it, too!) It was also interesting to find out how expensive and how long it took to make Snow White!

Our trip to Channel 8 was very cool. The TV personalities that we got to meet, including the beautiful Stefani Schaefer, were SO KIND. Watching all that goes on in a news cast was so interesting. They were covering the story about the lady who was escorted off a Frontier Airline flight because her "emotional support Animal" ended up being a squirrel! Yep – headline news. For our lunch at the Tri-C student run restaurant, Alere, not only did they stay open longer, but they closed the restaurant down to everyone else! Every student told us their name, where they worked (they all had jobs AND went to school) and one guy worked right at our Heinen's in Chagrin Falls! He got a big round of applause!

On November 18, we plan on returning to our Church on Bell Street for our Sunday services! I can't wait for all of you to see how nice our Sanctuary will look!

Keep singing those Disney songs.
Be Thankful – Happy Thanksgiving,
Dolly Herschel
Primetime Coordinator



Primetime Photo Gallery



All About Chagrin



Primetime Luncheon



Federated Forum



Channel 8 Trip

Influenza (flu, lagrippe) is the most frequent cause of death from a vaccine-preventable disease in the United States. There are three influenza viruses that afflict humans, divided into subtypes A, B, and C based on antigenic differences in their surface glycoproteins. The influenza virus can be detected in respiratory secretions during the first few days of illness. Persistent carriers have not been identified, although there is convincing evidence that mild infections are more common than clinical disease. The viruses may, therefore, persist in a population by causing mild sporadic illness that resembles the common cold and thus complicate the diagnosis of influenza.

While all respiratory viruses, including influenza, involve the nose as the common entry channel, they can also enter through the eye, likely via the tear duct draining into the sinuses and airways. The incubation period for influenza typically is one to four days, with an average of two days.

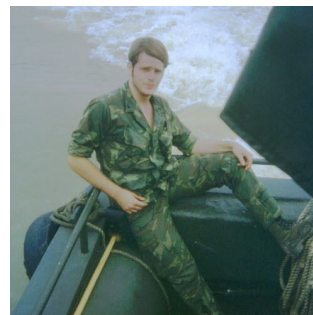
In facilities housing elderly residents, vaccination before October should be avoided, because antibody levels in such persons can begin to decrease soon after vaccination, thus leading to insufficient immunity throughout the season. Ordinarily, October to November is the optimal time to vaccinate in the U.S. Seasonal influenza activity in the U.S. can begin to increase as early as October or November, but influenza activity has not reached peak level in the majority of recent seasons until late December into early March. Adults develop peak antibody protection against influenza infection two weeks after vaccination. Vaccine administered in November is still likely to offer benefit in the majority of influenza seasons.

Federated Forum

Monday, November 12 | Fellowship Hall | 1:30 pm Refreshments; 2:00 pm Program

Presenter: Dave Lange — Award winning columnist

For most of his 40 year career, Lange was editor of the weekly Chagrin Valley Times and its sister publications, the Solon Times and the Geauga Times Courier. The Times was honored with the Ohio Newspaper Association's General Excellence Award as the state's best weekly newspaper 19 times during his 25 years of leadership. Individually, the ONA awarded him first place in editorial writing 15 times and first place in column writing eight times.



Dave Lange was named the best columnist among all Ohio newspapers in 2011 by the Cleveland Press Club and has received numerous Ohio Excellence in Journalism Awards for editorial and column writing. He also was awarded first place statewide for column writing in 2000 by the Society of Professional Journalists.

Lange served in a support capacity with the Brown Water Navy's riverine forces in Vietnam from February 1969 to February 1970. As a member of Helicopter Anti-Submarine Squadron 11 from February 1970 until his discharge in December 1971, he made Mediterranean Sea and North Atlantic deployments. He was awarded the Vietnam Service Medal with four campaign stars, Republic of Vietnam Campaign Medal, National Defense Service Medal plus Navy Unit Commendation and Meritorious Unit Commendation ribbons. He is a member of Vietnam Veterans of America, Veterans of Foreign Wars and American Legion.

Primetime Luncheon

Thursday, November 15

12:30 pm (doors open at 12 pm)

Family Life Center



Entertainment by: Mark Shane Phillips

By sixth grade, it was clear that Cleveland-based musician Mark Shane Phillips was a natural entertainer. He was performing at coffee houses, talent shows, and school dances and by tenth grade he had saved enough money to record his first record, "My Summer Love." After high school, he took his talents with him to Vietnam where he performed for the troops.

Throughout his career, which has taken him to Florida, Nashville, Canada and back to Cleveland, he has opened for various stars, including the great Lynyrd Skynyrd and Charlie Daniels. Mark devotes much of his time to the elderly, playing in nursing homes, assisted living facilities, and hospitals. For the past seven years, he has been sailing around the world performing on cruise lines opening for those such as the Bellamy Brothers and David Letterman. His performances are full of life and spirit, and he has a special gift for drawing in the crowd wherever he goes.

Menu catered by Mazzulos: Turkey dinner with mashed potatoes, stuffing, gravy, mixed vegetables, cranberry relish, pumpkin pie.

Cost: \$10 at the door

Reservations due by Friday, November 9: Call 440.247.6490. After that date, names go on a wait list. If you need to cancel, please do so by October 19th. 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.



"Just for Laughs" at Solon Center for the Arts Wednesday, November 14 4:45 PM to 9:45 PM

What makes us laugh in a musical? Sometimes it's the brilliant wordplay (Yip Harburg's "Lydia, the tattooed Lady"). Sometimes it's the shenanigans of an outrageous performer (Nathan Lane), or the character being portrayed by that performer (Max Bialystock). Or sometimes it's all three, like Bert Lahr bellowing his way through the Cowardly Lion's "If I Were King of the Forest" in *The Wizard of Oz*. When that happens, we connect more deeply with our dreams, joys, and frustrations. In short, our laughter brings us closer to ourselves. In this concert, we explore great comedy songs going back as far as Eddie Cantor's "Makin' Whoopee" (1928) and as far forward as John Cullum's "Don't Be the Bunny," written 83 years later for *Urinetown*. It's quite a tradition, and we'll celebrate it with live performances and video clips. Presented by the Musical Theater Project. Hosted by Bill Rudman and Nancy Maier. Featuring Douglas F. Bailey II, Ursula Cataan and Sheri Gross.

When: Depart from Family Life Center at 4:45 pm,
return at 9:45 pm



Cost: \$45

Reservations: Payment due by Thursday, November 1. Call 440.247.6490 to RSVP.

Dinner: Imperial Wok in Solon—
On your own



Oglebay Lights Tour
With the
Wheeling Park Holiday Dinner Buffet
Wednesday, November 28 | 9:30 am
(9:15 board time)

Last chance to sign up! Just a few seats left!

- We'll board a wonderful, 55-passenger Great Day Tours motor coach . We will stop for lunch (on your own).
- There will be time to shop at the Hilltop Shops, tour the elegant Oglebay Mansion, and Winter Fantasy at the Good Zoo.
- Wheeling Park Country Holiday Dinner Buffet
- Guided tour of the Festival of Lights – a guide will board the motor coach and describe the light show to its fullest extent.

This trip is open to all interested adults in the area.

When: Depart from Family Life Center at 9:30 am, return at 9:30 pm.

Cost: \$90

Reservations: Payment by Friday, November 9. Call 440.247.6490. Checks made out to Federated Church with "Primetime Oglebay Trip" in the memo line.



Save the Date!



Note-Oriety Show Choir
At Solon High School Lecture Hall
Wednesday, December 5
4:45 pm to 9:30 pm

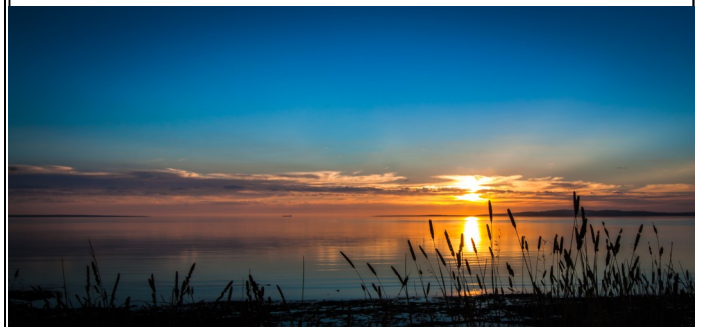


In Memoriam

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

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

Dottie Berlincourt
Carol Renner
John Elliott
Carol Willems



Ongoing Primetime Offerings

Spirit Walk & Roll—Monday through Friday (see calendar for exceptions) **8-9 am at 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.



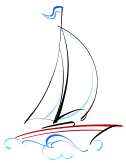
Primetime Bridge—1st and 3rd Tuesday, 12:30-3:30 pm at Bell St. Lounge

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, November 8, 6:00 pm

Same Boat Girlfriends is a social group for widowed women that meets each month. In November, we will meet at Geraci's on Chagrin Blvd at 6:00 pm. To RSVP, email Jenny Evans at jenny8854@sbcglobal.net by Wednesday, November 7. Also, please tell Jenny if you'll need a ride. Note: 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, November 28, 5:15 pm

"Same Boat" friends is a social group for widowed men. We will go to **Burntwood Tavern in Chagrin**. We will car pool so plan to arrive at the church by 5:15. Call Don Hoke at 440.338.8219 by Monday November 26 to join the crew. All are welcome. When you call, advise if you need a ride.



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



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

Chair Pilates— Thursday 10:30-11:30 am at the Family Life Center

Join us for gentle and mindful exercise to strengthen your arms, legs and core muscles, stretch your legs, shoulders and arms, and improve your standing balance and walking ability as you age. Call Carol to register at 440.655.6257. \$60 for a six-week class, or \$10 per session. Walk-ins 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.



November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>10:30 am</u> Chair Pilates, Family Life Center	2 8-9 am—Spirit Walk n' Roll — FLC Gym <u>2-4 pm</u> Primetimers go bowling in Solon	3
4 <u>10 am</u> Worship Service, Family Life Center	5 8-9 am—Spirit Walk n' Roll — FLC Gym <u>10-11 am</u> Tai Chi, Fellowship Hall	6 <u>12:30-3:30 pm</u> Primetime Bridge, Lounge	7 8-9 am—Spirit Walk n' Roll — Family Life Center Gym	8 <u>10:30 am</u> Chair Pilates, Family Life Center <u>6:00 pm</u> Same Boat Girlfriends, at Geraci's	9	10
11 <u>10 am</u> Worship Service, Family Life Center	12 <u>10-11 am</u> Tai Chi, Fellowship Hall <u>10-11:30 am</u> Pillows for Hospice, Large Music Room <u>1:30-3:00 pm</u> Primetime Federated Forum, Fellowship Hall <u>3:15-4:30 pm</u> Primetime Ministry Team Mtg, Conference Room	13 <u>12:30-3:30 pm</u> Primetime Bridge, Lounge	14 <u>4:45 pm</u> Primetime Trip to Solon Arts Center	15 <u>10:30 am</u> Chair Pilates, Family Life Center <u>12:00 pm</u> Primetime Luncheon Family Life Center	16 <u>2-4 pm</u> Primetimers go bowling in Solon	17
18 <u>10 am</u> Worship Service. Bell St	19 8-9 am—Spirit Walk n' Roll — Family Life Center Gym <u>10-11 am</u> Tai Chi, Fellowship Hall	20 <u>12:30-3:30 pm</u> Primetime Bridge, Lounge	21	22 All buildings closed for Thanksgiving holiday	23	24
25 <u>10 am</u> Worship Service, Bell St	26 <u>10-11 am</u> Tai Chi, Fellowship Hall	27	28 <u>9:30 am</u> Primetime Trip to Oglebay Lights Tour <u>5:15 pm</u> Same Boat Friends to Burntwood in Chagrin	29	30 <u>2-4 pm</u> Primetimers go bowling in Solon	





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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.



November Birthdays

Jim Pivarski	1	Dona Sutherin	10
Carol Laird	3	Judy Kramer	10
Sharon Munson	4	Don Wakeman	11
Saundra Evans	4	Greg Davis	12
Joe Groeger	5	Byron Lutman	16
Janet Fitch	5	Marian Horvath	17
Rita Owen	6	Mimi Bathgate	17
Judy Maloni	6	Ralph Lindeman	20
Al Sell	7	Carolyn Richardson	23
Kathy Kinley	8	Joy Haddix	25
Linda Zelazny	8	Carole Wakeman	30
Florence Blanock	9		
Carol Poe	9		