

Primetime



"A Mission in our Midst"

December, 2018

Newsletter



"For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will

Merry Christmas!

I am so excited for the holiday season! I can't wait to put up Christmas decorations and hear our favorite Christmas songs!

Come celebrate Christmas with us at our December Luncheon on December 13. It's the second Thursday instead of the fourth so mark your calendars and bring a friend! Details on page 4.

Our October trip to two wineries and three covered bridges was a hit! Lakehouse Inn had great views of Lake Erie and the wine was great. We all got to go across the Smolen-Gulf Covered Bridge twice since we got a little lost! The bridge is the longest covered bridge in the United States and the only covered bridge in Ashtabula County that our big bus could drive through. Both times that we crossed it, we cheered like we were on a huge roller coaster! At the other two covered bridges we were able to get out of the bus and walk across them. It was a beautiful day to spend with some beautiful people.

During the holiday season it's nice to get cards from friends and reminisce about Christmas's past – our traditions, decorating the Christmas tree, Santa visits and family get-togethers. But remember to check on your friends who might need to see a friendly face. Take them some of those Christmas cookies with some hot tea and let them know you care. That, sometimes, is the greatest gift of all!

Wishing all of you a blessed Christmas,
Dolly Herschel



Rise to Shine: Our New Worship Schedule begins December 2

Starting the first Sunday in Advent (December 2) we will dedicate two distinct worship times and styles. Our traditional worship will run 10-11 am, with the richness and invitational welcome of our Federated Choirs and Sunday School. **Then 11:30 am-12:15 pm, we offer "Rise to Shine"** to shine God's light in spirited, relational and relevant worship.

This new service will feature a new musical group inviting you to sing along as we arrange recent and familiar tunes to begin service with multiple musical selections. People of all ages and backgrounds will participate together as we seek to lift our Sunday spirits and create new pathways for connection to the Light of God.

Primetime Photo Gallery



Wine and Bridge Trip



October Luncheon



The epidemic of influenza last year, 2017, was one of the most severe in the past few decades. Why? Fewer than four out of every ten individuals were vaccinated against the flu virus. Influenza is a major cause of morbidity and mortality among the leading global infections. Annual deaths attributed to influenza range from 12,000 to 56,000, figures that are likely an underestimate since many victims who die from influenza do so due to secondary complications such as bacterial superinfections or cardiovascular events, in addition to a direct result of the virus itself.

Two primary strategies are followed to control influenza infections: vaccination and antiviral treatment medications. Influenza vaccines need to be updated each season and provide only limited protection in some risk groups. Vaccines, while highly beneficial in most instances, may offer little more than marginal protection in immunocompromised patients. This is also true for the elderly and infants, who do not mount as aggressive an immune response to vaccination and thus are at increased risk for more severe disease.

Antiviral drugs are effective, widely available, and well tolerated in the management of seasonal influenza, and at the beginning of an epidemic or a new pandemic until a suitable, effective vaccine is made available. However, inactivated vaccines should be the cornerstone of influenza management in all at-risk groups. Vaccination against influenza is a much more cost-effective means of reducing disease burden.

There are now three classes of antiviral drugs: adamantanes, neuraminidase inhibitors, and the “just approved” polymerase acidic endonuclease inhibitor, baloxavir marboxil (Xofluza) tablets. All of these require a prescription. Although the adamantanes remain available for use in the United States, they are no longer recommended for treatment or chemoprophylaxis of influenza A viruses.

The neuraminidase inhibitors impede the spread of the infection in the organism. They show a broad spectrum of activity and are useful for chemoprophylaxis and treatment of infection caused by the influenza virus. At this time, three FDA-approved drugs are available: zanamivir (Relenza), oseltamivir (Tamiflu), and peramivir (Rapivab).

Xofluza has just been released to the marketplace. This drug is unique in that it attacks an enzyme within the virus which renders the virus unable to replicate itself. Furthermore, only one tablet is necessary to be taken within 48 hours of the onset of symptoms. The wholesale cost for a full course of Xofluza is said to be \$150.00 which is equivalent to Tamiflu’s price.

Even though there are several drugs to fight flu, the best way to prevent flu is to get a vaccine, say the FDA, the Centers for Disease Control and Prevention, and every major medical group.

Have you received your vaccination yet?

Christmas Day Dinner

Tuesday, December 25

12:00 —2:00 pm

Family Life Center

Free of Charge—All are invited!

*Sponsored by the Chagrin
Valley Council of Churches*

For home delivery or to
arrange transportation to
the dinner, call
440.708.0000 ext. 331.

To volunteer, call Andrea at 216.406.6214



Primetime Luncheon

Thursday, December 13

****Note this is the second Thursday****

12:30 pm (doors open at 12 pm)

Family Life Center

Entertainment by: EKCO Ringers handbell duet. Sponsored by The Laurels of Chagrin Falls.

Handbell enthusiasts Ed Krzes and Cheryl Onesky teamed up in 2002 to expand their bell ringing opportunities. Ed warped their initials into the shape of a handbell and the EKCO Ringers handbell duet was born!

The EKCO Ringers have performed for numerous church services, meetings, parties, weddings and memorial



services. They have performed at local and national handbell events, were featured artists at the Greater Cleveland Handbell Ring, and have played on a cruise in the Caribbean. Ed and Cheryl currently ring in three church handbell choirs—at Holy Cross Lutheran Church in Cleveland, Middleburg Heights Community Church and Rocky River United Methodist Church. They also ring in the community group Stow Heritage Ringers and its small ensemble Joyful Bronze.

Meal: Catered by Mazzulo's. Roast beef with gravy, mashed potatoes, green beans, tossed salad, pie.

Cost: \$10 at the door

Reservations due by Friday, December 7: Call 440.247.6490. After that date, names go on a wait list. 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.

Note-Oriety Show Choir

Presents

When We're Together

Wednesday, December 5 | 4:30 pm

Note-Oriety Show Choir is a community organization in Northeast Ohio that specializes in performing a large variety of popular music. Members of Note-Oriety come from a wide variety of backgrounds, but have one thing in common: a love of performing.

We'll be joining them for an evening of seasonal music including Christmas and Hanukkah selections as they kick off the holiday season. We'll also have dinner at 56 Kitchen.

When: Depart from Family Life Center at 4:30pm, return at 9:30 pm

Cost: \$20



Reservations: Payment due by Wednesday, November 28. Call 440.247.6490 to RSVP. Max 30 people.

Dinner: 56 Kitchen – On your own



Federated Forum

Monday, December 10

1:30 pm Refreshments in Fellowship Hall

2:00 pm Program in Sanctuary



Presenter: Randy Fusco

Federated Forum is pleased to present a special musical program provided by our very own Randy Fusco. Randy will present a Christmas-themed musical program of songs and related commentary.

Randy has a very impressive resume. To mention a few highlights, he was Professor of Music at Hiram College for many years and conductor of the Hiram Chamber Orchestra from 1998-2005. In addition to being a pianist and teacher, Randy studied conducting at the University of Illinois and was a Conducting Fellow at the Conductors Institute of South Carolina. He has guest conducted the Cleveland Philharmonic Orchestra, the Heights Chamber Orchestra, the Chagrin Valley Chamber Orchestra and the Youngstown Opera Guild's production of Verdi's La Traviata.

Join us for a fun-filled afternoon of music and interesting commentary. This is a chance to see a performance by Randy Fusco who is, as we all know, a highly skilled musician and knowledgeable lecturer. There will be times for personal reflection and celebration of the Christmas season as we experience this presentation.

Sponsored by The Laurels of Chagrin Falls.

Search for the Christ Child:

An Interactive Journey Through Bethlehem

Sunday, December 2 | Open House 5-8 pm
Family Life Center

You're invited to come experience the Christmas story like never before! Follow a shepherd guide on a 20-minute journey along Mary and Joseph's trek to Jerusalem. Meet angels, wise men, King Herod, and other characters before ultimately arriving at a live nativity to behold the Christ child.



More info at fedchurch.org/SFTCC

This event is appropriate for all ages and *absolutely free* to anyone in the community... bring your friends! *Canned good donations and a free will offering are accepted.*

Advent by Candlelight: Nativities of the World

Monday, December 3 | 7:00 pm
Family Life Center

By beginning the season with *Advent by Candlelight*, we hope that your Advent might be more peaceful and your preparations more Christ-centered.



Come and share this wonderful evening as our guests. You will enjoy beautiful music, delicious food, and warm fellowship.

Please RSVP during fellowship time after worship on Sundays or by calling 440.247.6490. But even if you don't get signed up... come anyway! We want to enjoy this evening with YOU!

If possible, please also bring a sweet or savory treat to share. Finger foods are preferred (no nuts, please). **We encourage you to enjoy this event with family members and friends—all women are welcome!**



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



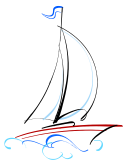
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, 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, December 13, 6:00 pm



Same Boat Girlfriends is a social group for widowed women that meets each month. In December, we will meet at the Cabin (next door to Mario's Spa) in Aurora at 6:00 pm. To RSVP, email Jenny Evans at jenny8854@sbcglobal.net by Wednesday, December 12. 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



"Same Boat" friends is a social group for widowed men. We will not meet in December due to the holidays. Watch for the next meeting in the January newsletter. Call Don Hoke at 440.338.8219 if you have any questions.

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.



December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> Rise to Shine Worship, Bell St. <u>5-8 pm</u> Search for the Christ Child, Family Life Center.	3 8-9 am—Spirit Walk n' Roll — FLC Gym <u>10-11 am</u> Tai Chi, Fellowship Hall <u>7 pm</u> Advent by Candlelight, Family Life Center Gym	4 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	5 <u>4:30 pm</u> Trip to See Note- Oriety Show Choir, Meet at FLC	6 <u>10:30 am</u> Chair Pilates, Family Life Center	7 8-9 am—Spirit Walk n' Roll — FLC Gym <u>2-4 pm</u> Primetimers go bowling in Solon	8
9 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> Rise to Shine Worship feat. Children's Choir Christmas Musical, Bell St.	10 8-9 am—Spirit Walk n' Roll — Family Life Center Gym <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	11	12	13 <u>10:30 am</u> Chair Pilates, Family Life Center <u>12:00 pm</u> Primetime Luncheon, Family Life Center <u>6:00 pm</u> Same Boat Girlfriends, at the Cabin	14	15
16 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> Rise to Shine Worship, Bell St.	17 8-9 am—Spirit Walk n' Roll — Family Life Center Gym <u>10-11 am</u> Tai Chi, Fellowship Hall <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	18	19 <u>7 pm</u> Service of Solace, Bell St. Chapel	20 <u>10:30 am</u> Chair Pilates, Family Life Center	21 <u>2-4 pm</u> Primetimers go bowling in Solon	22
23 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> Rise to Shine Worship, Bell St.	24 8-9 am—Spirit Walk n' Roll — FLC Gym <u>10-11 am</u> Tai Chi, Fellowship Hall *Christmas Eve Services shown in box to the right*	25 <u>12-2 pm</u> Christmas Dinner, Family Life Center	26	27	28	29
30 <u>10 am</u> Single Worship Service, Bell St	31 All buildings closed for the holidays	<div>Dec. 24 Christmas Eve Services</div> <div><u>4 pm</u> Candlelighting Service & Family Pageant, Bell St.</div> <div><u>6 pm</u> Candlelighting Service, Bell St.</div> <div><u>8:30 pm</u> Candlelighting Service, Bell St.</div> <div><u>11 pm</u> Candlelighting Service, Bell St.</div>				





The Federated Church
76 Bell Street
Chagrin Falls, OH 44022
440-247-6490
www.fedchurch.org

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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.



December Birthdays

Dave Devore	8	Sallie Wennerstrom	22
Jane Thoburn	15	Roger Pettibone	26
Marge Cook	18	Jim Whitelaw	28
Don Hoke	19	Kathy Kolcaba	28
Carol Grubb	19	Bill Kenneweg	30
Ruth Walker	21	Dorn Cobbledick	31