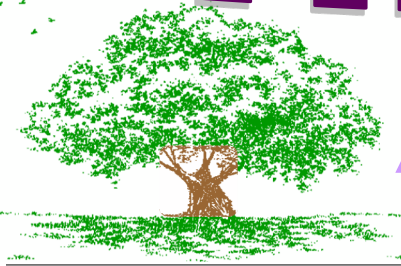


Primetime

"A Mission in our Midst"

April, 2019

Newsletter



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

- John 3:16-17

Is it spring yet? The space heaters in my little office have been working overtime this year but it's almost time to emerge from our homes and SPRING forward!

We would love to see all of you at our new "Lunch Out" events. In February, we gathered at Yours Truly in Chagrin Falls and enjoyed good food and good company. Coming up at the end of March, we'll be going to Anna Maria for Bingo and lunch. In April, we will be going to Lord of Life Church to see a portrayal of Dolores Hope, Bob Hope's wife (see page 4 for details). These lunches are a great way to get out for a great meal, make new friends and see old ones.

At our March Federated Forum we were honored to have Cleveland television icon, Jan Jones, as our speaker and I think all of us fell in love with her. She is pretty, smart, sincere and very funny. She touched our hearts with her stories of her father as well as her on-camera adventures with the "Morning Exchange" and "PM Magazine"! Her spirituality is worn proudly and her advice to keep striving to do what you love and not to give up is how she's lived her life. Her Dad had some advice too – "Do what makes you happy" and "As you think, so you become." Wonderful sentiments! Interesting facts about Jan Jones are that she taught junior high for six years and she was a cheerleading coach for the 7th grade girls!

For all you bowlers out there, we are changing our days for bowling to the first and third Thursdays of the month. Fridays were becoming too busy at the bowling lanes!

We have a new member of our Primetime Committee – let's all welcome Kathy Delaney. Kathy will be helping to organize our wonderful trips. I should also mention the rest of our committee members so when you see them, thank them for all their hard work!

Thank you to: Marilee Biel, Bill Mason, Mary Lou Riegel, Kathie Biggin, Don Hoke, Marjorie Fow, Linda Zelazny, Linnea Rostek and Jeanie Gaither. Also, a big thank you to our "Healthy Living" author, Duncan McVean, and to Trish Holland, the church's Marketing & Communications Specialist who makes this newsletter look fabulous!

Today in a meeting at church, our Pastor, Hamilton Throckmorton, brought up that we are having a book study on "What We Talk About When We Talk About God" by Rob Bell. On page ten of the book, Jane Fonda was asked in an interview to talk about her conversion to Christianity. She spoke of being drawn to the faith because "I could feel reverence humming in me." We all thought this was a great sentiment and talked about when we had felt that way when we held a new grandchild, or witnessed a beautiful sunset.

Blessings,
Dolly Herschel
Primetime Coordinator



Primetime Photo Gallery



Lunch Out at Yours Truly



March Federated Forum—
With Jan Jones



Heinen's Dinner



Elderly is defined as those individuals aged 65 years and older. In the United States, this population numbered 46.2 million in 2014. As nearly 15 percent of the population, this is the fastest growing age group in the U.S. It is estimated that this number will double by 2020.

Recent studies indicate that nearly 40 percent of the Medicare population take five or more prescription medications. Many of these individuals also have multiple prescribers, complicated drug regimens, and at least one chronic health condition—all of which increase the possibility of adverse drug events. Simply put, the more medications a patient takes, the more likely he/she is to experience adverse effects.

There are a few guidelines for the review of a patient's medication therapy, regardless of age or which tools are used.

First, assure that there is an indication for each medication the patient is using. Often, patients will be started on a medication for an acute problem and it is continued long after the acute issue has been resolved. Discontinuing medications in a timely manner helps reduce the likelihood of a medication-related problem and also helps reduce the pill burden on older individuals.

Second, it is important to check for therapeutic duplications. Consulting your pharmacist on this matter is an easy solution for this check.

Finally, if you start complaining about side effects of your medications, be aware that in older individuals, new symptoms can often be side effects of medications.



Organ Dedication Concert

Sunday, April 28 at 4:30pm in the Federated Sanctuary

Because of the success of the *Rejoice & Renew* Capital Campaign, we now have one of the largest, finest, and most versatile organs in the area: a Rodgers Infinity hybrid organ, and we want to use it to its full advantage.

Our guest organist, Dan Miller, is an organ designer and internationally renowned musician. Mr. Miller is in his 20th year at Rodgers Instruments as Rodgers Artist and Tonal Professional. He also is an Adjunct Professor of Organ at George Fox University in Newberg, Oregon and is well-known for his composing and arranging and has several published works.

Marcia is excited to share the capacity of our organ and introduce us to Dan. Come hear the musician who designed our new organ!

No tickets required, but freewill offering will be taken.



In Memoriam

Recognition of those Primetime members who have passed away recently.
A farewell to friends; May God welcome them with open arms.

Margaret Davidson

Severance Hall Tour

Tuesday, April 23 | 10:45 am

Severance Hall is a concert hall located in the University Circle neighborhood of Cleveland. Named after patrons John L. and his sister Elisabeth Severance Allen Prentiss. The hall has been the home of the Cleveland Orchestra since its opening on February 5, 1931.

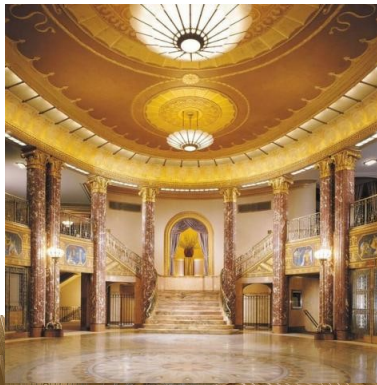
Join us for a behind-the-scenes tour of the amazing décor and architecture. Check out the acoustics for yourself. We will have a tour guide take us through this wonderful building.

We will eat first at L'Albatros Brasserie bar in Cleveland. Lunch is on your own.

When: Depart from Family Life Center at 10:45 am. Return at 3:00 pm.

Cost: \$8

Reservations: Call 440.247.6490. Payment due by Wednesday, April 10. Space is limited to 20 people.



Actress Portrays Dolores Hope (Bob Hope's Wife) — Luncheon at Lord of Life Church

Tuesday, April 9 | 11:30 am

Actress and Singer Damaris Peters Pike earned her Bachelor of Music Education from Texas Christian University and Master of Music in Voice Performance from Kent State University. She continues to teach two courses each year and direct the Hiram Community Chorus at Hiram College. She will visit us during lunch then transform into Dolores Hope and give us some laughs.



Dolores Hope was born Dolores DeFina in 1909 in Manhattan's Harlem neighborhood. During the 1930s, she worked as a model and began her professional singing career, adopting the name Dolores Reade on the advice of her agent. She was a successful singer in her own right. The presentation includes songs from the first half of the 20th century, as she chats informally about Bob's rise from vaudeville to Hollywood. She was introduced to Bob Hope in 1933 and married in 1934. In the 1940s, Dolores began helping her husband on his tours entertaining U.S. troops overseas and did this for over 50 years. In 1990, she was the only female entertainer allowed to perform in Saudi Arabia. They were married for 69 years. She died of natural causes in 2011 at 102 years old.

This will be held at the Lord of Life Church just a few miles down the road from our Family Life Center at 17989 Chillicothe Road. We will meet at Lord of Life Church.

Lunch will be an assortment of finger sandwiches and yummy desserts.

When: Meet at Lord of Life, 17989 Chillicothe Rd., Bainbridge, at 11:30 am. We will finish at 2:00 pm.

Cost: \$ 15

Federated Forum

Monday, April 8

Fellowship Hall

1:30 pm Refreshments; 2:00 pm Program



Presenter: Fadia Hamid

Fadia Hamid was born and raised in Cairo, Egypt. She attended French Catholic schools through high school then the American University in Cairo where she received her B.A. in Economics in 1972.

She worked as an economic researcher at the Ministry of Petroleum (equivalent of the State Department for Energy) for a few years. She got married in 1977 and moved to London, England where she worked as an assistant in an economics and engineering consultants firm for three years while her husband worked on his Ph.D. After her husband earned his Ph.D. in 1980, he joined the ENT department at the Cleveland Clinic and they have been here ever since.

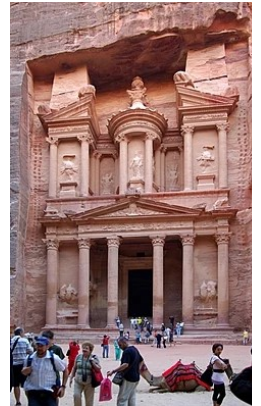
In 1989 she received her education degree from Notre Dame College, Ohio. She taught French at Mayfield and Laurel schools, then taught French and Arabic at Chagrin Falls schools until her retirement in 2015.

Fadia and her husband have been living in Chagrin Falls since 1987 where they raised their two sons. They have four grandchildren, two in Chagrin Falls and two in New York.

Federated's Pilgrimage to the Holy Land & Jordan

**** April 19 – May 1, 2020 ****

We are partnering with Magi Travel for another pilgrimage to the Holy Lands. This time we are going to Jordan. This trip is more than a tour of historical places, but a spiritual journey as stories of our faith become tangible while walking in the footsteps of Jesus and His disciples in Nazareth, Cana, Jerusalem, Bethlehem, Galilee, and swim in the Dead Sea. A detailed brochure is available in the Bell St. Lobby or at fedchurch.org/trips.



The cost is \$3,995 for double occupancy in 5-star hotels, dedicated tour bus, local guide and head sets, all breakfasts & dinners, and gratuities. Optional group airfare is available. You may register online with a \$500 deposit.

~~ SAVE THE DATE: Information Night ~~

Wednesday, June 12 at 7:00 pm

Fellowship Hall

See photos of the places we will visit, learn details of the trip and have your questions answered. If you cannot make it, contact Peggie Jo at pjshinagawa@windstream.net with questions.

Save the Date!

**Matinee showing of
Million Dollar Quartet
Wednesday, May 15**

**Chagrin Falls Historical Society
Wednesday, May 29**



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



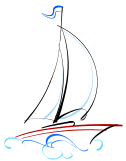
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, 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, 3rd and 5th 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



Same Boat Girlfriends is a social group for widowed women that meets each month. To learn more about our April gathering, and to RSVP, contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net. 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, April 24, 5:15 pm



"Same Boat" friends is a social group for widowed men. We will go to Chicago Deli in Solon. We will car pool, so plan to arrive at Federated Church by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, April 21 to join the crew. All widowed men are welcome. When you call, advise if you need a ride.

Bowling—1st and 3rd Thursday, 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-Thursday 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.

Mahjong—Fridays, 1 pm at Bell St. Lounge



We welcome you to join in a lively game of Mahjong. No prior knowledge needed. If you are interested... just show up! We will split up into groups of three or four to play. If you have a game, please bring it along. If you have questions, contact Ann-Marie Heston at amngh@icloud.com.



April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	8-9 am—Spirit Walk n' Roll — FLC Gym			10:30 am <i>Chair Pilates,</i> Family Life Center	8-9 am—Spirit Walk n' Roll — FLC Gym	
	10-11 am <i>Tai Chi,</i> Fellowship Hall	12:30-3:15 pm <i>Primetime Bridge,</i> Lounge	6:00 pm <i>Wondrous Wednesday</i> dinner & program, Fellowship Hall (more info in the April SPIRE)	2-4 pm <i>Primetimers go</i> <i>bowling in Solon</i>	1 pm <i>Mahjong,</i> Lounge	
7	8	9	10	11	12	13
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
10 am <i>Traditional</i> <i>Worship,</i> Bell St. 11:30 am <i>RISE to Shine</i> <i>Worship,</i> Bell St.	10-11 am <i>Tai Chi,</i> Fellowship Hall 10-11:30 am <i>Pillows for Hospice,</i> Daily Bread Room 1:30-3:00 pm <i>Primetime Federated</i> <i>Forum,</i> Fellowship Hall 3:15-4:30 pm <i>Primetime Ministry</i> <i>Team Mtg,</i> Conference Room	11:30 am <i>Luncheon at Lord</i> <i>of Life,</i> Meet at Lord of Life Church		10:30 am <i>Chair Pilates,</i> Family Life Center	1 pm <i>Mahjong,</i> Lounge	
14	15	16	17	18	19	20
	8-9 am—Spirit Walk n' Roll — FLC Gym				8-9 am—Spirit Walk n' Roll — FLC Gym	
10 am <i>Traditional</i> <i>Worship,</i> Bell St. 11:30 am <i>RISE to Shine</i> <i>Worship,</i> Bell St.	10-11 am <i>Tai Chi,</i> Fellowship Hall	12:30-3:15 pm <i>Primetime Bridge,</i> Lounge		10:30 am <i>Chair Pilates,</i> Family Life Center 2-4 pm <i>Primetimers go</i> <i>bowling in Solon</i> 8 pm <i>Maundy Thursday</i> <i>Tenebrae Service,</i> Bell St.	1 pm <i>Mahjong,</i> Lounge	
21	22	23	24	25	26	27
6:30 am <i>Easter Sunrise</i> <i>Service,</i> FLC 10 am <i>Traditional</i> <i>Worship,</i> Bell St. 11:30 am <i>RISE to Shine</i> <i>Worship,</i> Bell St.	Easter Monday— Buildings Closed	8-9 am—Spirit Walk n' Roll — Family Life Center Gym				
		10:45 am <i>Trip to Severance</i> <i>Hall,</i> Meet at FLC	5:15 pm <i>Same Boat</i> <i>Friends,</i> carpool to Chicago Deli	10:30 am <i>Chair Pilates,</i> Family Life Center	1 pm <i>Mahjong,</i> Lounge	
28	29	30				
10 am <i>Traditional</i> <i>Worship,</i> Bell St. 11:30 am <i>RISE to Shine</i> <i>Worship,</i> Bell St. 4:30 pm <i>Organ Dedication</i> <i>Concert,</i> Bell St.	10-11 am <i>Tai Chi,</i> Fellowship Hall	12:30-3:15 pm <i>Primetime Bridge,</i> Lounge				



The Federated Church
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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.



April Birthdays

Jeanus Koenig	1	Marilyn Collier	11
Tim Jenkins	1	Bob Burrows	13
John Leech	3	Alma Faroo	16
Tom Harvey	5	Theresa Surgeon	20
Bobbie Walker	6	Ginger McVean	24
Bob Bathgate	6	Trent Bobbitt	25
Pat Leech	7	Jeri Shaffer	27
Marge Benny	7	Barbara Gates	29